

2020-21 RESULTS

MEN'S RESULTS

Lock Haven Winter Invite

Saturday, Feb. 27 • 5k

3rd of 4/35 runners

- 2. Casey Ellis - 14:53.1
- 7. Teddy Mostellar - 15:34.6
- 9. Luke Valdevit - 15:51.4
- 20. Josh D'Agostino - 16:33.8
- 35. Koodsha Manjaro - 18:12.4

Shippensburg Invitational

Saturday, March 6 • 5k

DNP/23 runners

- 1. Casey Ellis - 16:06.2
- 5. Teddy Mostellar - 16:47.8
- 20. Koosha Manjaro - 19:19.7

PSAC Championships

at Lock Haven

Saturday, March 20 • 5k

7th of 12/122 runners

- 2. Casey Ellis - 15:17.3 *
- 23. Teddy Mostellar - 16:05.9 #
- 41. Luke Valdevit - 16:30.1
- 78. Josh D'Agostino - 17:24.2
- 99. Koodsha Manjaro - 17:57.8
- 114. Alejandro Paez - 19:13.4
- 115. Sean Roberts - 19:16.5

* All-PSAC 1st team

All-PSAC 2nd team

WOMEN'S RESULTS

Lock Haven Invite

Saturday, Feb. 27 • 5k

4th of 5/47 runners

- 10. Mandy Fine - 19:15.2
- 12. Keely Arndt - 19:21.2
- 14. Madison Palmer - 19:32.1
- 20. Brittany Carratura - 19:58.3
- 24. Holly Orr - 20:33.5
- 26. Kaylene Raczka - 20:45.5
- 27. Samantha Brawner - 20:51.2
- 32. Emily Furlong - 20:58.1
- 42. Lauren Reightneour - 22:17.7

Shippensburg Invitational

Saturday, March 6 • 5k

2nd of 3/30 runners

- 3. Mandy Fine - 20:49.5
- 4. Keely Arndt - 20:50.5
- 8. Brittany Carratura - 21:31.3
- 9. Madison Palmer - 21:55.7
- 10. Kaylene Raczka - 21:57.4
- 14. Samantha Brawner - 22:14.0
- 16. Emily Furlong - 22:23.1
- 24. Lauren Reightneour - 23:51.8

PSAC Championships

at Lock Haven

Saturday, March 20 • 5k

8th of 15/149 runners

- 19. Mandy Fine - 19:31.0 #
- 24. Keely Arndt - 19:35.8 #
- 25. Brittany Carratura - 19:37.2 #
- 48. Madison Palmer - 20:17.6
- 82. Emily Furlong - 21:11.4
- 90. Kaylene Raczka - 21:22.9
- 100. Samantha Brawner - 21:55.8
- 111. Holly Orr - 22:19.8
- 114. Lauren Reightneour - 22:30.5
- 142. Hannah Frankenfield - 25:13.8

All-PSAC 2nd team

Men's Team

Years	W	L	T	Pct.
52nd season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th;
1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 - 2nd,
1981 - 4th, 1983 - 2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979
(New York City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-2020), Justin Germani (2020-21 Interim)

Women's Team

Years	W	L	T	Pct.
40th season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th
(at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84),
Pete Heesen (1985-86), Joe Koch (1987-2020), Justin Germani (2020-21 Interim)

2019 RESULTS

MEN'S RESULTS

Bloomsburg Husky Invitational

Saturday, Sept. 7 • 6k

1st of 3/28 runners

1. Casey Ellis - 19:49
2. Teddy Mostellar - 19:55
3. Jeremy Smith - 20:02
8. Jeremy Rapposelli - 5:31
9. Nathan Senatore - 20:40

Mercer-Monmouth Invitational

Saturday, Sept. 21 • 8k

7th of 11/145 runners

12. Casey Ellis - 26:56.11
14. Jeremy Smith - 27:02.63
32. Teddy Mostellar - 27:36.02
52. Andy Lopez - 28:11.42
53. Nathan Senatore - 28:12.48

Don Cathcart Invitational

Saturday, Oct. 5 • 8k

1st of 8/146 runners

3. Casey Ellis - 25:32.61
4. Jeremy Smith - 25:38.97
11. Nathan Senatore - 26:02.27
12. Teddy Mostellar - 26:07.93
14. Ben Reisenweaver - 26:17.55

DeSales Invitational

Saturday, Oct. 12 • 8k

1st of 16/168 runners

1. Casey Ellis - 25:44.9
3. Teddy Mostellar - 26:20.9
5. Jeremy Smith - 26:23.8
6. Ben Reisenweaver - 26:29.1
13. Nathan Senatore - 26:56.0

PSAC Championships

at Bloomsburg

Friday, Oct. 25 • 8k

4th of 15/137 runners

7. Casey Ellis - 25:50.2 *
21. Jeremy Smith - 26:26.0 #
33. Ben Reisenweaver - 26:51.7
34. Dylan Senatore - 26:52.4
52. Teddy Mostellar - 27:14.8

* All-PSAC 1st team

All-PSAC 2nd team

Lock Haven River Run

Sunday, Nov. 3 • 8k

2nd of 2/26 runners

9. Josh D'Agostino - 27:18.8
10. Robert Stuetz - 27:27.5
13. Koodsha Manjaro - 28:05.4
19. Kevin Demarest - 29:08.5
22. Blake Killmer - 31:12.2

NCAA Atlantic Regional

at Lock Haven

Saturday, Nov. 9 • 10k

6th of 17/132 runners

9. Casey Ellis - 32:07.6 *
29. Jeremy Smith - 32:44.8
36. Nathan Senatore - 32:52.3
57. Andy Lopez - 33:22.3
70. Ben Reisenweaver - 33:42.8
85. Teddy Mostellar - 34:14.2
86. Dylan Senatore - 34:17.1

* All-Region

NCAA Championships

at Sacramento, CA

Saturday, Nov. 23 • 10k

262 runners

180. Casey Ellis - 32:25.5

WOMEN'S RESULTS

Bloomsburg Husky Invitational

Saturday, Sept. 7 • 4k

2nd of 3/33 runners

4. Rachael Davalos - 16:05
4. Mandy Fine - 16:05
7. Jenna Vledder - 16:17
8. Kylie Stangle - 16:19
10. Holly Orr - 16:30

Mercer-Monmouth Invitational

Saturday, Sept. 21 • 5k

11th of 14/146 runners

57. Rachael Davalos - 20:06.96
71. Mandy Fine - 20:32.61
87. Jenna Vledder - 20:56.94
92. Holly Orr - 21:04.81
104. Brittany Carratura - 21:27.57

Don Cathcart Invitational

Saturday, Oct. 5 • 6k

4th of 14/133 runners

5. Rachael Davalos - 22:13.70
15. Mandy Fine - 22:50.76
16. Jenna Vledder - 22:58.25
18. Kylie Stangle - 23:15.45
20. Emily Eder - 23:19.74

DeSales Invitational

Saturday, Oct. 12 • 6k

2nd of 12/125 runners

6. Rachael Davalos - 23:32.8
8. Mandy Fine - 23:58.5
10. Jenna Vledder - 24:09.0
14. Brittany Carratura - 24:29.0
16. Kylie Stangle - 24:48.2

PSAC Championships

at Bloomsburg

Friday, Oct. 25 • 6k

12th of 17/178 runners

24. Mandy Fine - 23:28.6 #
27. Rachael Davalos - 23:39.5 #
62. Jenna Vledder - 24:40.6
67. Holly Orr - 24:45.7
68. Brittany Carratura - 24:46.3

All-PSAC 2nd team

NCAA Atlantic Regional

at Lock Haven

Saturday, Nov. 9 • 6k

14th of 22/153 runners

41. Rachael Davalos - 22:55.0
58. Mandy Fine - 23:21.6
66. Brittany Carratura - 23:35.6
100. Jenna Vledder - 24:12.1
102. Kylie Stangle - 24:13.4
103. Emily Eder - 24:13.4
124. Haven Snyder - 24:51.8

Men's Team

Years	W	L	T	Pct.
51st season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th; 1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 - 2nd, 1981 - T4th, 1983 - T2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979

(New York City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-2020)

Women's Team

Years	W	L	T	Pct.
39th season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th (at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84), Pete Heesen (1985-86), Joe Koch (1987-2020)

2020-21 RESULTS

MEN'S RESULTS

Lock Haven Winter Invite

Saturday, Feb. 27 • 5k

3rd of 4/35 runners

- 2. Casey Ellis - 14:53.1
- 7. Teddy Mostellar - 15:34.6
- 9. Luke Valdevit - 15:51.4
- 20. Josh D'Agostino - 16:33.8
- 35. Koodsha Manjaro - 18:12.4

Shippensburg Invitational

Saturday, March 6 • 5k

DNP/23 runners

- 1. Casey Ellis - 16:06.2
- 5. Teddy Mostellar - 16:47.8
- 20. Koosha Manjaro - 19:19.7

PSAC Championships

at Lock Haven

Saturday, March 20 • 5k

7th of 12/122 runners

- 2. Casey Ellis - 15:17.3 *
- 23. Teddy Mostellar - 16:05.9 #
- 41. Luke Valdevit - 16:30.1
- 78. Josh D'Agostino - 17:24.2
- 99. Koodsha Manjaro - 17:57.8
- 114. Alejandro Paez - 19:13.4
- 115. Sean Roberts - 19:16.5

* All-PSAC 1st team

All-PSAC 2nd team

WOMEN'S RESULTS

Lock Haven Invite

Saturday, Feb. 27 • 5k

4th of 5/47 runners

- 10. Mandy Fine - 19:15.2
- 12. Keely Arndt - 19:21.2
- 14. Madison Palmer - 19:32.1
- 20. Brittany Carratura - 19:58.3
- 24. Holly Orr - 20:33.5
- 26. Kaylene Raczka - 20:45.5
- 27. Samantha Brawner - 20:51.2
- 32. Emily Furlong - 20:58.1
- 42. Lauren Reightneour - 22:17.7

Shippensburg Invitational

Saturday, March 6 • 5k

2nd of 3/30 runners

- 3. Mandy Fine - 20:49.5
- 4. Keely Arndt - 20:50.5
- 8. Brittany Carratura - 21:31.3
- 9. Madison Palmer - 21:55.7
- 10. Kaylene Raczka - 21:57.4
- 14. Samantha Brawner - 22:14.0
- 16. Emily Furlong - 22:23.1
- 24. Lauren Reightneour - 23:51.8

PSAC Championships

at Lock Haven

Saturday, March 20 • 5k

8th of 15/149 runners

- 19. Mandy Fine - 19:31.0 #
- 24. Keely Arndt - 19:35.8 #
- 25. Brittany Carratura - 19:37.2 #
- 48. Madison Palmer - 20:17.6
- 82. Emily Furlong - 21:11.4
- 90. Kaylene Raczka - 21:22.9
- 100. Samantha Brawner - 21:55.8
- 111. Holly Orr - 22:19.8
- 114. Lauren Reightneour - 22:30.5
- 142. Hannah Frankenfield - 25:13.8

All-PSAC 2nd team

Men's Team

Years	W	L	T	Pct.
52nd season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th;
1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 - 2nd,
1981 - 4th, 1983 - 2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979
(New York City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-2020), Justin Germani (2020-21 Interim)

Women's Team

Years	W	L	T	Pct.
40th season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th
(at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84),
Pete Heesen (1985-86), Joe Koch (1987-2020), Justin Germani (2020-21 Interim)

2018 RESULTS

MEN'S RESULTS

UMass Dartmouth Invite

Saturday, Sept. 15 • 8k
7th of 41/295 runners

20. Casey Ellis - 25:42.77
30. Jeremy Smith - 25:58.54
39. Teddy Mostellar - 26:17.86
52. Andy Lopez - 26:40.55
79. Tom Ciaccio - 27:13.79

Paul Short Run

Saturday, Sept. 29 • 8k
29th of 44/363 runners

81. Casey Ellis - 26:30
92. Teddy Mostellar - 26:37
183. Tom Ciaccio - 27:19
193. Jeremy Smith - 27:26
227. Nathan Senatore - 27:43

Delaware Blue & Gold Invite

Saturday, Oct. 6 • 8k
2nd of 6/69 runners

2. Casey Ellis - 27:37.0
5. Teddy Mostellar - 27:49.0
7. Jeremy Smith - 28:11.9
9. Tom Ciaccio - 28:18.2
10. Andy Lopez - 28:23.0

Lebanon Valley Invite

Friday, Oct. 19 • 8k
1st of 8/95 runners

2. Casey Ellis - 26:16.6
3. Teddy Mostellar - 26:32.5
5. Jeremy Smith - 26:36.6
6. Dylan Senatore - 26:38.2
10. Andy Lopez - 26:47.6

PSAC Championships at Edinboro

Saturday, Nov. 3 • 8k
8th of 15/127 runners

26. Casey Ellis - 28:06#
44. Teddy Mostellar - 28:45
48. Andy Lopez - 28:54
49. Tom Ciaccio - 29:02
53. Nathan Senatore - 29:09

All-PSAC 2nd team

Lock Haven River Run

Saturday, Nov. 10 • 8k
NTS/24 runners

8. Josh D'Agostino - 29:03.4
9. Ben Reisenweaver - 29:14.2
13. Gavin DeYoung - 29:42.6
15. Luke Valdevit - 29:52.1

NCAA Atlantic Regional at Pittsburgh, Pa.

Saturday, Nov. 17 • 10k
13th of 17/120 runners

53. Casey Ellis - 37:29
55. Dylan Senatore - 37:33
60. Tom Ciaccio - 37:43
61. Jeremy Smith - 37:45
67. Nathan Senatore - 37:53
69. Andy Lopez - 38:00
80. Teddy Mostellar - 38:40

WOMEN'S RESULTS

UMass Dartmouth Invite

Saturday, Sept. 15 • 5k
7th of 45/318 runners

38. Jenna Vledder - 19:35.23
57. Rachael Davalos - 19:55.11
71. Brittany Carratura - 20:03.63
83. Kylie Stangle - 20:15.63
97. Mandy Fine - 20:27.01

Paul Short Run

Saturday, Sept. 29 • 6k
4th of 43/357 runners

23. Jenna Vledder - 23:59
35. Rachael Davalos - 24:24
42. Brittany Carratura - 24:39
55. Kylie Stangle - 24:50
75. Emily Eder - 25:13

Delaware Blue & Gold Invite

Saturday, Oct. 6 • 6k
2nd of 9/85 runners

8. Jenna Vledder - 24:55.10
9. Rachael Davalos - 25:07.10
11. Brittany Carratura - 25:21.00
14. Kylie Stangle - 25:33.60
20. Emily Eder - 25:55.90

Lebanon Valley Invite

Friday, Oct. 19 • 6k
1st of 8/78 runners

3. Jenna Vledder - 23:44.7
5. Brittany Carratura - 24:17.9
6. Emily Eder - 24:22.4
9. Kaylene Raczka - 24:43.7
11. Kylie Stangle - 24:46.7

PSAC Championships at Edinboro

Saturday, Nov. 3 • 6k
12th of 17/174 runners

41. Rachael Davalos - 25:54
55. Jenna Vledder - 26:19
60. Brittany Carratura - 26:30
68. Kylie Stangle - 26:42
82. Emily Eder - 27:04

Lock Haven River Run

Saturday, Nov. 10 • 6k
NTS/18 runners

4. Mandy Fine - 25:14.80
17. Emily Soldridge - 31:05.20

NCAA Atlantic Regional at Pittsburgh, Pa.

Saturday, Nov. 17 • 6k
14th of 22/154 runners

51. Rachael Davalos - 26:45
73. Jenna Vledder - 27:32
75. Emily Eder - 27:33
81. Mandy Fine - 27:44
105. Kylie Stangle - 28:30
111. Holly Orr - 28:52
115. Kaylene Raczka - 29:01

Men's Team

Years	W	L	T	Pct.
50th season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th;
1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 - 2nd, 1981 - T4th, 1983 - T2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979 (New York City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-present)

Women's Team

Years	W	L	T	Pct.
38th season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th
(at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84),
Pete Heesen (1985-86), Joe Koch (1987-present)

2017 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 9 • 5 miles
1st of 9/68 runners

2. Casey Ellis - 27:24.40
3. Jeremy Smith - 27:28.13
4. Dan Buccino - 27:29.41
5. Mike Sheptuk - 27:40.84
6. J.P. Montgomery - 27:43.80

Monmouth Invite

Saturday, Sept. 16 • 5 miles
1st of 3 (DII)/113 runners

31. Casey Ellis - 27:46.37
45. Mike Sheptuk - 28:19.18
52. Dan Buccino - 28:44.58
56. J.P. Montgomery - 28:50.03
60. Khai Samuels - 29:06.61

Salisbury Invite

Saturday, Sept. 30 • 8k
2nd of 11/114 runners

9. Casey Ellis - 25:48.02
10. Jeremy Smith - 25:49.82
11. Mike Sheptuk - 25:52.74
12. Dan Buccino - 25:53.73
14. J.P. Montgomery - 26:10.22

DeSales Invite

Saturday, Oct. 7 • 8k
3rd of 28/271 runners

11. J.P. Montgomery - 26:39.0
15. Mike Sheptuk - 26:46.7
17. Casey Ellis - 26:47.9
20. Dan Buccino - 26:57.1
24. Jeremy Smith - 27:10.2

PSAC Championships at California

Saturday, Oct. 21 • 8k
5th of 16/146 runners

23. Casey Ellis - 28:05.8#
25. Dan Buccino - 28:09.0#
26. Jeremy Smith - 28:09.3#
27. Mike Sheptuk - 28:17.4#
60. Tom Ciaccio - 29:12.3

All-PSAC 2nd team

Lock Haven River Run

Saturday, Oct. 28 • 8k
3rd of 5/69 runners

10. Teddy Mostellar - 27:01.2
12. Bryan Perry - 27:18.3
16. Khai Samuels - 27:24.8
18. Zack Krieger - 27:25.7
23. Jordan Cruise - 27:40.3

NCAA Regional at Lock Haven

Saturday, Nov. 4 • 10k
7th of 19/129 runners

39. Casey Ellis - 32:47.9
40. Jeremy Smith - 32:50.7
45. Dan Buccino - 32:59.2
46. Mike Sheptuk - 33:01.3
57. Tom Ciaccio - 33:27.5
65. J.P. Montgomery - 33:37.8
68. Matt Lloyd - 33:45.1

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 9 • 5k
1st of 7/72 runners

2. Kaylyn West - 18:58.35
3. Samantha Young - 19:21.71
4. Rachael Davalos - 19:43.66
9. Jasmine Amro - 20:52.23
10. Jenna Vledder - 21:18.37

Monmouth Invite

Saturday, Sept. 16 • 5k
1st of 3 (DII)/124 runners

14. Kaylyn West - 19:12.31
34. Rachael Davalos - 19:47.97
37. Samantha Young - 19:55.96
64. Jasmine Amro - 20:47.76
70. Jenna Vledder - 21:06.39

Salisbury Invite

Saturday, Sept. 30 • 6k
1st of 11/106 runners

1. Kaylyn West - 21:39.47
4. Rachael Davalos - 22:00.22
5. Samantha Young - 22:03.10
10. Jasmine Amro - 22:39.97
17. Rachel Eidson - 23:14.67

DeSales Invite

Saturday, Oct. 7 • 6k
2nd of 22/225 runners

2. Kaylyn West - 22:36.40
9. Rachael Davalos - 23:27.60
15. Samantha Young - 24:05.40
20. Jasmine Amro - 24:35.20
39. Jenna Vledder - 25:12.30

PSAC Championships at California

Saturday, Oct. 21 • 6k
6th of 18/172 runners

15. Kaylyn West - 23:43.80*
17. Samantha Young - 23:45.80#
28. Rachael Davalos - 24:21.20#
52. Rachel Edison - 25:18.90
60. Emily Eder - 25:32.40

* All-PSAC 1st team

All-PSAC 2nd team

Lock Haven River Run

Saturday, Oct. 28 • 6k
2nd of 6/87 runners

6. Brittany Carratura - 23:56.40
14. Krista O'Connor - 24:31.70
16. Abigail Kaspszyk - 24:36.50
29. Gabby Rachmaciej - 25:39.70
30. Morgan Morton - 25:43.70

NCAA Regional at Lock Haven

Saturday, Nov. 4 • 6k
8th of 22/151 runners

14. Kaylyn West - 21:44.30*
34. Rachael Davalos - 22:27.70
46. Rachel Eidson - 22:47.80
68. Samantha Young - 23:17.30
78. Jasmine Amro - 23:33.00
98. Emily Eder - 24:02.0
111. Jenna Vledder - 24:37.2

* All-Region

Men's Team

Years	W	L	T	Pct.
49th season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th; 1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 - 2nd, 1981 - T4th, 1983 - T2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979 (New York City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-present)

Women's Team

Years	W	L	T	Pct.
37th season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th (at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84), Pete Heesen (1985-86), Joe Koch (1987-present)

2016 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 10 • 5 miles
2nd of 12/103 runners

1. Alec Lederer - 25:51.50
3. Jeremy Rapposelli - 26:44.93
6. J.P. Montgomery - 27:13.86
11. Jared Glosser - 27:39.67
12. Dan Buccino - 27:41.13

Kutztown DII/DIII Challenge

Saturday, Sept. 17 • 8k
6th of 19/217 runners

12. Alec Lederer - 26:37.0
17. Jeremy Rapposelli - 26:56.5
41. Alex Zubko - 27:32.8
43. Dan Buccino - 27:38.2
57. Taylor Piekos - 27:49.8

Paul Short Run

Saturday, Oct. 1 • 8k
25th of 45/400 runners

28. Alec Lederer - 25:18
113. Alex Zubko - 25:59
139. Jeremy Rapposelli - 26:12
173. Taylor Piekos - 26:28
194. Jared Glosser - 26:40

Hamilton Invitational

Saturday, Oct. 8 • 8k
2nd of 14/154 runners

1. Alec Lederer - 25:12.3
5. Alex Zubko - 26:03.0
9. Jeremy Rapposelli - 26:18.9
12. Jeremy Rigotti - 26:37.8
16. Thomas Ciaccio - 26:46.6

PSAC Championships at Kutztown

Saturday, Oct. 22 • 8k
6th of 16/134 runners

21. Jeremy Rapposelli - 26:42.6#
27. Alex Zubko - 27:02.4#
41. Dan Buccino - 27:23.9
53. Jeremy Rigotti - 27:47.2
54. Taylor Piekos - 27:48.4

All-PSAC 2nd team

Lock Haven River Run

Saturday, Oct. 29 • 8k
1st of 4/44 runners

15. Matt Lloyd - 27:16.6
16. Jared Glosser - 27:19.5
19. Zack Krieger - 27:45.7
21. J.P. Montgomery - 27:57.9
23. Khai Samuels - 28:17.3

NCAA Regional at Slippery Rock

Saturday, Nov. 5 • 10k
6th of 17/154 runners

28. Alec Lederer - 34:20.7
30. Alex Zubko - 34:27.2
39. Jeremy Rapposelli - 35:00.3
41. Jeremy Rigotti - 35:04.9
49. Taylor Piekos - 35:18.9
63. Brad Meixsell - 35:50
106. Dan Buccino - 37:47

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 10 • 5k
1st of 11/81 runners

2. Allison Decker - 19:31.42
3. Kaylyn West - 19:50.29
4. Samantha Young - 20:22.34
5. Lauren Toth - 21:20.76
9. Alexandra Palumbo - 22:03.71

Kutztown DII/DIII Challenge

Saturday, Sept. 17 • 6k
4th of 20/244 runners

5. Allison Decker - 22:54.4
19. Samantha Young - 23:47.2
35. Lauren Toth - 24:17.1
45. Rachel Edison - 24:48.9
54. Jasmine Amro - 25:03.1

Paul Short Run

Saturday, Oct. 1 • 6k
26th of 42/373 runners

35. Allison Decker - 22:01
92. Samantha Young - 22:40
149. Lauren Toth - 23:12
184. Rachel Edison - 23:38
230. Jasmine Amro - 24:14

Hamilton Invitational

Saturday, Oct. 8 • 5k
1st of 11/126 runners

1. Kaylyn West - 18:44.1
2. Samantha Young - 18:59.0
13. Rachel Edison - 19:33.1
14. Jasmine Amro - 19:34.4
17. Lauren Toth - 19:41.7

PSAC Championships at Kutztown

Saturday, Oct. 22 • 6k
3rd of 17/163 runners

12. Kaylyn West - 23:11.8*
19. Samantha Young - 23:29.4#
27. Allison Decker - 23:52.2#
41. Rachel Edison - 24:10.2
51. Lauren Toth - 24:29.8

* All-PSAC 1st team

All-PSAC 2nd team

Lock Haven River Run

Saturday, Oct. 29 • 6k
2nd of 5/50 runners

10. Emily Eder - 24:31.8
12. Steph Belbey - 24:38.6
17. Jenna Vledder - 25:31.1
19. Mary-Kate Killoran - 25:45.5
20. Gabby Rachmaciej - 25:58.3

NCAA Regional at Slippery Rock

Saturday, Nov. 5 • 6k
7th of 22/144 runners

23. Samantha Young - 23:55*
27. Kaylyn West - 24:00
48. Lauren Toth - 24:45
62. Jasmine Amro - 25:09
73. Rachel Edison - 25:28
99. Alexandra Palumbo - 26:35
107. Abby Kaspszyk - 26:51

* All-Region

Men's Team

Years	W	L	T	Pct.
48th season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th; 1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 - 2nd, 1981 - T4th, 1983 - T2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979 (New York City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-present)

Women's Team

Years	W	L	T	Pct.
36th season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th (at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84), Pete Heesen (1985-86), Joe Koch (1987-present)

2015 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 12 • 5 miles
1st of 11/88 runners

1. Steve Ruch - 27:18.36
2. Alec Lederer - 27:29.53
5. Anthony Ruiz - 27:57.39
6. Jeremy Rapposelli - 27:59.93
10. Alex Zubko - 28:29.26

UMass Dartmouth Invitational

Saturday, Sept. 19 • 5 miles
2nd of 43/324 runners

12. Alec Lederer - 25:43.57
20. Alex Zubko - 25:56.42
23. Anthony Ruiz - 26:00.95
32. Jeremy Rapposelli - 26:21.05
44. Steve Ruch - 26:39.33

Paul Short Run at Lehigh

Friday, Oct. 2 • 8k
18th of 39/354 runners

57. Alex Zubko - 25:39
65. Steve Ruch - 25:42
136. Alec Lederer - 26:16
151. Jeremy Rapposelli - 26:25
166. Anthony Ruiz - 26:33
203. Chris Ott - 26:59
225. J.P. Montgomery - 27:19

Hamilton (N.Y.) Invitational

Saturday, Oct. 10 • 8k
2nd of 15/173 runners

4. Alec Lederer - 25:46.4
5. Alex Zubko - 25:48.6
9. Steve Ruch - 26:07.1
14. Anthony Ruiz - 26:43.5
16. Jeremy Rapposelli - 26:49.5

PSAC Championships at Slippery Rock

Saturday, Oct. 24 • 8k
7th of 16/134 runners

27. Alex Zubko - 26:18.8 #
33. Steve Ruch - 26:31.7
37. Alec Lederer - 26:46.8
48. Jeremy Rapposelli - 27:16.8
64. Anthony Ruiz - 27:36.1

All-PSAC 2nd team

Lock Haven River Run

Saturday, Oct. 31 • 8k
5th of 7/76 runners

21. Chris Ott - 27:13.86
23. Dustin Sutton - 27:23.86
24. J.P. Montgomery - 27:24.59
27. Jared Glosser - 27:34.52
28. Taylor Piekos - 27:35.24

NCAA Regional at Lock Haven

Saturday, Nov. 7 • 10k
10th of 20/134 runners

21. Alec Lederer - 31:54.0 *
29. Steve Ruch - 32:24.3
33. Alex Zubko - 32:30.8
41. Anthony Ruiz - 32:50.2
65. Jeremy Rapposelli - 33:43.8
75. Brad Meixsell - 33:57.3
85. Michael Gordon - 34:07.6

* All-Region

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 12 • 5k
1st of 14/126 runners

1. Allison Decker - 18:50.81
5. Chelsea Conover - 19:38.33
6. Kaylyn West - 19:57.75
8. Caitlin Perry - 20:16.62
10. Samantha Young - 20:33.95

UMass Dartmouth Invitational

Saturday, Sept. 19 • 5k
2nd of 42/315 runners

1. Allison Decker - 17:40.82
4. Chelsea Conover - 18:08.07
17. Kaylyn West - 18:48.69
22. Caitlin Perry - 18:53.70
46. Samantha Young - 19:42.04

Paul Short Run at Lehigh

Friday, Oct. 2 • 6k
12th of 45/387 runners

3. Allison Decker - 21:29
45. Chelsea Conover - 22:24
80. Kaylyn West - 22:46
82. Caitlin Perry - 22:47
152. Samantha Young - 23:25
172. Brianna Thomas - 23:35
220. Melanie Riley - 23:59

Hamilton (N.Y.) Invitational

Saturday, Oct. 10 • 5k
1st of 14/181 runners

1. Allison Decker - 17:09.6
5. Caitlin Perry - 17:59.4
7. Kaylyn West - 18:05.6
9. Chelsea Conover - 18:10.1
13. Samantha Young - 18:25.2

PSAC Championships at Slippery Rock

Saturday, Oct. 24 • 6k
2nd of 17/166 runners

8. Allison Decker - 22:18.6 *
14. Chelsea Conover - 22:46.3 *
22. Caitlin Perry - 23:06.7 #
26. Kaylyn West - 23:24.7 #
32. Samantha Young - 23:48.2

* All-PSAC 1st team
All-PSAC 2nd team

Lock Haven River Run

Saturday, Oct. 31 • 6k
2nd of 7/60 runners

5. Allison Decker - 22:51.85
11. Jasmine Amro - 23:30.88
14. Lauren Monteith - 23:45.64
15. Michelle Zazzero - 23:46.44
33. Lauren Toth - 25:01.19

NCAA Regional at Lock Haven

Saturday, Nov. 7 • 6k
4th of 23/156 runners

6. Allison Decker - 20:53.2 *
17. Chelsea Conover - 21:42.6 *
26. Caitlin Perry - 22:07.2
27. Kaylyn West - 22:09.8
50. Samantha Young - 22:47.3
78. Brianna Thomas - 23:32.3
87. Melanie Riley - 23:47.5

* All-Region

NCAA Championships at Missouri Southern

Saturday, Nov. 21 • 6k (247 runners)

91. Allison Decker - 22:10.1

Men's Team

Years	W	L	T	Pct.
47th season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th; 1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 - 2nd, 1981 - T4th, 1983 - T2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979 (New York City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-present)

Women's Team

Years	W	L	T	Pct.
35th season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th (at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84), Pete Heesen (1985-86), Joe Koch (1987-present)

2014 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 6 • 5 miles
4th of 8/87 runners

- 6. Alex Zubko - 27:59.78
- 12. Alec Lederer - 28:18.86
- 15. Anthony Ruiz - 28:28.22
- 19. Jeremy Rapposelli - 28:37.25
- 21. Kyle Reese - 28:49.25

UMass-Dartmouth Invite

Saturday, Sept. 20 • 5 miles
7th of 34/255 runners

- 28. Kyle Reese - 26:01.94
- 36. Jeremy Rapposelli - 26:08.09
- 52. Anthony Ruiz - 26:33.34
- 54. Dan Buccino - 26:36.31
- 56. Brad Meixsell - 26:37.26

Paul Short Run at Lehigh

Saturday, Oct. 4 • 8k
27th of 40/341 runners

- 71. Anthony Ruiz - 26:08
- 141. Kyle Reese - 26:46
- 164. Alec Lederer - 27:02
- 170. Zach Talbert - 27:05
- 186. Brad Meixsell - 27:14
- 215. Taylor Piekos - 27:40
- 242. Jeremy Rapposelli - 28:14

ECAC Meet at Mansfield

Sunday, Oct. 26 • 8k
2nd of 9/88 runners

- 19. Alec Lederer - 26:27.1
- 26. Jeremy Rapposelli - 26:55.6
- 27. Brad Meixsell - 26:58.3
- 30. Kyle Reese - 27:02.0
- 33. Dan Buccino - 27:14.1

PSAC Championships at Mansfield

Saturday, Nov. 8 • 8k
7th of 15/132 runners

- 39. Alec Lederer - 26:08.1
- 41. Anthony Ruiz - 26:16.2
- 48. Kyle Reese - 26:42.0
- 51. Brad Meixsell - 26:48.7
- 59. Jeremy Rapposelli - 27:05.2

NCAA Atlantic Regional at Slippery Rock

Saturday, Nov. 22 • 10k
10th of 22/133 runners

- 39. Alec Lederer - 34:28.9
- 41. Brad Meixsell - 34:33.2
- 47. Anthony Ruiz - 34:41.2
- 65. Kyle Reese - 35:35.6
- 85. Dan Buccino - 36:08.3
- 94. Zach Talbert - 36:42.8
- 97. Jeremy Rapposelli - 37:04.5

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 6 • 5k
1st of 11/113 runners

- 2. Chelsea Conover - 19:19.36
- 3. Allison Decker - 19:19.61
- 13. Samantha Young - 20:21.64
- 14. Melanie Riley - 20:26.00
- 19. Lauren Toth - 20:45.64

UMass-Dartmouth Invite

Saturday, Sept. 20 • 5k
1st of 38/272 runners

- 1. Allison Decker - 17:50.09
- 3. Chelsea Conover - 17:57.97
- 25. Samantha Young - 18:57.25
- 30. Lauren Toth - 19:03.68
- 34. Melanie Riley - 19:12.32

Paul Short Run at Lehigh

Saturday, Oct. 4 • 6k
29th of 40/360 runners

- 9. Allison Decker - 21:51
- 98. Chelsea Conover - 23:15
- 170. Jasmine Amro - 23:58
- 200. Lauren Toth - 24:20
- 215. Samantha Young - 24:35
- 232. Christine Belbey - 24:48
- 238. Lauren Monteith - 24:53

ECAC Meet at Mansfield

Sunday, Oct. 26 • 6k
5th of 9/109 runners

- 4. Allison Decker - 22:10.4
- 10. Chelsea Conover - 22:43.9
- 29. Jasmine Amro - 23:47.8
- 31. Samantha Young - 23:49.8
- 38. Lauren Toth - 23:57.4

PSAC Championships at Mansfield

Saturday, Nov. 8 • 6k
6th of 17/153 runners

- 2. Allison Decker - 21:24.6
- 6. Chelsea Conover - 21:53.5
- 59. Melanie Riley - 23:40.3
- 63. Samantha Young - 23:53.7
- 70. Lauren Toth - 24:02.5

NCAA Atlantic Regional at Slippery Rock

Saturday, Nov. 22 • 6k
11th of 25/162 runners

- 10. Allison Decker - 23:01.4
- 11. Chelsea Conover - 23:06.2
- 72. Lauren Monteith - 25:05.1
- 78. Melanie Riley - 25:13.4
- 80. Samantha Young - 25:17.6
- 84. Jasmine Amro - 25:28.6
- 90. Lauren Toth - 25:42.3

Men's Team

Years	W	L	T	Pct.
46th season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th;
1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 -
2nd, 1981 - T4th, 1983 - T2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979 (New York
City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-present)

Women's Team

Years	W	L	T	Pct.
34th season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th
(at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84),
Pete Heesen (1985-86), Joe Koch (1987-present)

2013 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 7 • 5 miles
1st of 7/69 runners

1. Chris Schneider - 26:26.42
2. Steve Ruch - 26:37.21
5. Dan Davis - 27:31.05
12. Chris Ott - 28:07.41
13. Alex Zubko - 28:12.85

Kutztown DII Challenge

Saturday, Sept. 14 • 8k
5th of 13/176 finishers

12. Chris Schneider - 26:07.8
27. Steve Ruch - 26:34.2
28. Dan Davis - 26:34.5
32. Chris Ott - 26:44.9
56. Alex Zubko - 27:15.9

Don Cathcart Invitational at Salisbury, Md.

Saturday, Sept. 28 • 8k
1st of 12/131 finishers

1. Chris Schneider - 25:01.3
3. Steve Ruch - 25:21.5
8. Chris Ott - 25:39.8
11. Dan Davis - 26:11.8
15. Alex Zubko - 26:26.5

DeSales Invitational

Saturday, Oct. 12 • 5 miles
2nd of 20/276 finishers

2. Chris Schneider - 26:13
6. Steve Ruch - 26:34
10. Chris Ott - 26:55
16. Alex Zubko - 27:13
27. Dan Davis - 27:41

PSAC Championships at Kutztown

Saturday, Oct. 26 • 8k
6th of 14/125 finishers

15. Chris Schneider - 26:07.3
24. Steve Ruch - 26:21.8
33. Chris Ott - 26:42.0
34. Alex Zubko - 26:45.2
52. Anthony Ruiz - 27:23.6

Lock Haven River Run

Saturday, Nov. 2 • 8k
3rd of 5/48 finishers

20. Ryan Gormley - 26:56.4
23. Brad Meixsell - 27:15.7
27. Jacob Hinkley - 27:35.9
29. Mike Miller - 27:55.9
35. Taylor Piekos - 28:49.7

NCAA Atlantic Regional at Lock Haven

Saturday, Nov. 9 • 10k
7th of 19/137 finishers

28. Chris Schneider - 32:06.0
34. Steve Ruch - 32:23.5
36. Dan Davis - 32:24.4
51. Chris Ott - 32:45.4
56. Alex Zubko - 32:54.9
65. Anthony Ruiz - 33:11.8
78. Alec Lederer - 33:35.7

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 7 • 5k
1st of 11/117 runners

1. Kim Wernerspach - 19:05.81
5. Chelsea Conover - 20:04.85
6. Chelsea Morales - 20:11.58
7. Kim Lowry - 20:18.16
13. Chelsea Wootten - 20:46.65

Kutztown DII Challenge

Saturday, Sept. 14 • 6k
8th of 16/192 finishers

2. Kim Wernerspach - 22:32.7
32. Chelsea Conover - 23:49.4
65. Chelsea Wootten - 24:31.2
83. Kim Lowry - 24:57.7
104. Lauren Toth - 25:31.1

Don Cathcart Invitational at Salisbury, Md.

Saturday, Sept. 28 • 6k
1st of 14/125 finishers

1. Kim Wernerspach - 21:55.9
4. Chelsea Conover - 22:30.6
6. Chelsea Wootten - 22:50.9
10. Kim Lowry - 23:09.9
16. Abby Ross - 23:40.6

DeSales Invitational

Saturday, Oct. 12 • 4 miles
3rd of 22/248 finishers

3. Kim Wernerspach - 23:50
9. Chelsea Conover - 24:11
26. Chelsea Wootten - 25:08
33. Brittany Callahan - 25:18
49. Lauren Toth - 25:48

PSAC Championships at Kutztown

Saturday, Oct. 26 • 6k
11th of 17/160 finishers

8. Kim Wernerspach - 22:31.2
37. Chelsea Conover - 23:41.3
68. Chelsea Wootten - 24:31.7
73. Abby Ross - 24:41.1
87. Kim Lowry - 25:01.2

Lock Haven River Run

Saturday, Nov. 2 • 6k
3rd of 5/43 finishers

8. Kim Wernerspach - 23:34.9
15. Stephanie Soni - 24:27.4
16. Lauren Monteith - 24:27.6
19. Bridget Arrow - 24:56.7
20. Katie Thomas - 25:04.5

NCAA Atlantic Regional at Lock Haven

Saturday, Nov. 9 • 6k
11th of 22/162 finishers

6. Kim Wernerspach - 21:03.5
34. Chelsea Conover - 22:02.7
79. Chelsea Wootten - 22:56.1
83. Brittany Callahan - 23:10.1
85. Abby Ross - 23:11.6
94. Kim Lowry - 23:31.2
123. Lauren Toth - 24:38.8

NCAA DII Championships at Spokane, Wash.

Saturday, Nov. 23 • 6k
244 runners

74. Kim Wernerspach - 22:24.5

Men's Team

Years	W	L	T	Pct.
45th season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th;
1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 -
2nd, 1981 - T4th, 1983 - T2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979 (New York
City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-present)

Women's Team

Years	W	L	T	Pct.
33rd season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th
(at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84),
Pete Heesen (1985-86), Joe Koch (1987-present)

2012 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 8 • 8k
1st of 13/119 runners

1. Frank Feza - 26:48.53
2. Amr Aldeen - 27:11.76
3. Chris Schneider - 27:21.96
4. Mike Saparito - 27:38.07
15. Chris Ott - 28:21.51

Kutztown Division II Challenge

Saturday, Sept. 15 • 8k
2nd of 6/73 runners

2. Frank Fezza - 26:03
6. Chris Schneider - 26:35
8. Amr Aldeen - 26:41
13. Jim Romano - 27:07
17. Chris Ott - 27:12

Paul Short Run at Lehigh

Friday, Sept. 28 • 8k
4th of 33/283 runners

1. Frank Fezza - 25:03
36. Chris Schneider - 26:11
41. Jim Romano - 26:17
46. Amr Aldeen - 26:21
62. Mike Pereira - 26:29

Hamilton (NY) Invitational

Saturday, Oct. 6 • 8k
1st of 14/133 runners

2. Chris Schneider - 26:29.9
3. Amr Aldeen - 26:33.0
5. Mike Pereira - 26:40.6
8. Frank Fezza - 26:45.7
9. Chris Ott - 26:49.0

PSAC Championships at Slippery Rock

Saturday, Oct. 20 • 8k
2nd of 13/114 runners

2. Frank Fezza - 25:19.3
7. Chris Schneider - 25:58.1
8. Mike Pereira - 26:06.3
13. Amr Aldeen - 26:16.6
31. Jim Romano - 26:42.4

Lock Haven River Run

Saturday, Oct. 27 • 8k
2nd of 4/38 runners

13. Alex Zubko - 27:03.5
15. Shane Bissonnette - 27:15.9
24. Ryan Gormley - 29:03.0
25. Mike Miller - 29:11.3
29. Kory Rolek - 29:33.6

NCAA Atlantic Regional at Lock Haven

Saturday, Nov. 3 • 10k
t-2nd of 20/153 runners

2. Frank Fezza - 30:53.4
16. Chris Schneider - 31:56.2
19. Mike Pereira - 32:00.3
26. Amr Aldeen - 32:09.6
32. Jim Romano - 32:20.8
46. Chris Ott - 32:51.6
72. Steve Ruch - 33:44.2

NCAA Championships at Missouri Southern

Saturday, Nov. 17 • 10k
25th of 32/245 runners

21. Frank Fezza - 30:08.2
117. Jim Romano - 31:40.9
163. Amr Aldeen - 32:11.7
181. Chris Schneider - 32:31.6
212. Steve Ruch - 33:06.8
221. Chris Ott - 33:17.8

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 8 • 5k
2nd of 12/136 runners

2. Corinne Fitzgerald - 19:31.38
3. Rose Mascoli - 19:37.89
8. Kim Wernerspach - 20:16.09
33. Melanie Riley - 21:36.49
42. Chelsea Conover - 21:47.54

Kutztown Division II Challenge

Saturday, Sept. 8 • 6k
3rd of 7/92 runners

3. Corinne Fitzgerald - 23:15
4. Rose Mascoli - 23:16
12. Kim Wernerspach - 23:58
24. Kim Lowry - 24:57
31. Chelsea Conover - 25:19

Paul Short Run at Lehigh

Friday, Sept. 28 • 6k
11th of 39/342 runners

5. Corinne Fitzgerald - 22:09
6. Rose Mascoli - 22:14
54. Kim Wernerspach - 23:17
160. Kim Lowry - 24:26
168. Chelsea Conover - 24:32

Hamilton (NY) Invitational

Saturday, Oct. 6 • 5k
2nd of 11/135 runners

1. Corinne Fitzgerald - 18:19.8
2. Rose Mascoli - 18:26.8
5. Kim Wernerspach - 18:49.0
11. Kim Lowry - 19:24.4
23. Abby Ross - 19:44.9

PSAC Championships at Slippery Rock

Saturday, Oct. 20 • 6k
7th of 15/138 runners

3. Corinne Fitzgerald - 22:23.8
15. Kim Wernerspach - 23:02.7
19. Rose Mascoli - 23:20.4
64. Abby Ross - 24:55.5
79. Kim Lowry - 25:19.4

Lock Haven River Run

Saturday, Oct. 27 • 6k
3rd of 4/42 runners

15. Lauren Monteith - 24:45.1
17. Emily Haws - 24:58.1
19. Katie Thomas - 25:24.5
20. Brittany Callahan - 25:36.0
23. Stephanie Soni - 25:45.5

NCAA Atlantic Regional at Lock Haven

Saturday, Nov. 3 • 6k
9th of 24/171 runners

7. Corinne Fitzgerald - 21:28.4
26. Rose Mascoli - 22:06.8
33. Kim Wernerspach - 22:15.8
83. Abby Ross - 23:37.0
85. Kim Lowry - 23:41.5
108. Chelsea Conover - 24:16.3
114. Cassandra Lacorazza - 24:24.0

Men's Team

Years	W	L	T	Pct.
44th season	167	120	1	(.586)

NCAA Division II Nationals: 1985 - 10th; 1987 - 16th; 1989 - 13th; 2012 - 25th

IC4A Championships Top Ten: 1974 - 8th, 1977 - 7th, 1978 - 2nd, 1981 - T4th, 1983 - T2nd, 1997-5th, 1998 - 7th

IC4A Individual Top Ten: Bob Orazem 4th, 1979 (New York City); Brian Wallace 8th, 1982 (Boston)

Coaches: Dick DeSchraver (1969-88), Joe Koch (1989-present)

Women's Team

Years	W	L	T	Pct.
32nd season	48	56	4	(.431)

NCAA Division II Nationals: 1999 - 15th (at Missouri Southern)

EIWA Championships: 1981 - T5th

Coaches: Ken Killion (1981), Bob Smith (1982-84), Pete Heesen (1985-86), Joe Koch (1987-present)

2011 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 10 • 8k
1st of 15/155 runners

6. Amr Aldeen – 25:26.21
8. Jim Romano – 25:29.66
11. Mike Pereira – 25:50.24
12. Greg Laraia – 25:52.11
15. Chris Schneider – 26:00.96

Monmouth Invitational

Saturday, Sept. 17 • 5 miles
1st of 14/143 runners

5. Greg Laraia – 26:44.7
8. Jim Romano – 27:00.3
14. Mike Pereira – 27:09.1
16. Jared Wilson – 27:11.6
20. Chris Schneider – 27:33.3

Don Cathcart Invite at Salisbury, Md.

Saturday, Oct. 1 • 8k
2nd of 13/162 runners

5. Greg Laraia – 25:05
9. Mike Pereira – 25:14
11. Amr Aldeen – 25:16
13. Frank Fezza – 25:21
14. Jim Romano – 25:21

Slippery Rock Invitational

Saturday, Oct. 8 • 8k
1st of 12/141 runners

2. Greg Laraia – 26:19.6
4. Chris Schneider – 26:29.8
5. Amr Aldeen – 26:37.2
8. Frank Fezza – 26:49.7
9. Jim Romano – 26:49.7

PSAC Championships at Lock Haven

Saturday, Oct. 22 • 8k
4th of 14/133 runners

12. Frank Fezza – 25:18.4
13. Mike Pereira – 25:22.9
19. Greg Laraia – 25:34.2
22. Amr Aldeen – 25:40.0
23. Chris Schneider – 25:41.1

NCAA Atlantic Regional at Slippery Rock

Saturday, Nov. 5 • 10k
4th of 25/173 runners

14. Chris Schneider – 32:57
18. Frank Fezza – 33:08
22. Mike Pereira – 33:20
25. Greg Laraia – 33:24
31. Jim Romano – 33:40
48. Jared Wilson – 34:28
51. Amr Aldeen – 34:37

All-PSAC - Top 20
All-Region - Top 25

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 10 • 5k
2nd of 12/148 runners

1. Rose Mascoli – 18:28.93
4. Corinne Fitzgerald – 19:00.97
9. Kim Wernerspach – 20:09.92
16. Bridget McCarron – 20:39.43
25. Kelsy Rushing – 21:23.88

Monmouth Invitational

Saturday, Sept. 17 • 5k
5th of 11/157 runners

1. Rose Mascoli – 18:12.1
6. Corinne Fitzgerald – 18:41.8
33. Kim Wernerspach – 19:49.3
47. Bridget McCarron – 20:13.2
51. Kim Lowry – 20:21.2

Don Cathcart Invite at Salisbury, Md.

Saturday, Oct. 1 • 5920m
1st of 16/144 runners

1. Rose Mascoli – 21:06
4. Corinne Fitzgerald – 21:50
6. Kim Wernerspach – 22:18
8. Bridget McCarron – 22:40
11. Kim Lowry – 22:48

Slippery Rock Invitational

Saturday, Oct. 8 • 6k
1st of 13/160 runners

1. Rose Mascoli – 21:59.1
2. Corinne Fitzgerald – 22:14.8
10. Kim Wernerspach – 23:33.0
18. Kim Lowry – 24:06.8
21. Bridget McCarron – 24:21.6

PSAC Championships at Lock Haven

Saturday, Oct. 22 • 6k
7th of 16/152 runners

5. Rose Mascoli – 21:11.1
6. Corinne Fitzgerald – 21:21.8
19. Kim Wernerspach – 22:09.8
74. Kim Lowry – 23:33.5
86. Cassandra Lacorazza – 23:49.8

NCAA Atlantic Regional at Slippery Rock

Saturday, Nov. 5 • 6k
7th of 23/169 runners

5. Corinne Fitzgerald – 22:07
8. Rose Mascoli – 22:28
34. Kim Wernerspach – 23:45
67. Kim Lowry – 24:37
69. Kelsy Rushing – 24:42
102. Chelsea Wootten – 25:39
118. Bridget McCarron – 26:32

All-PSAC - Top 20
All-Region - Top 25

NCAA DII Championships at Spokane, Washington

Saturday, Nov. 19 • 6k
186 runners

80. Corinne Fitzgerald – 23:19.2

2010 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 11 • 8k
5th of 13/136 runners

3. Greg Laraia – 26:25.93
20. Amr Aldeen – 27:08.86
36. Jim Romano – 27:59.00
43. Jared Wilson – 27:59.88
52. Tom Zarnoch – 28:18.11

Monmouth Invitational

Saturday, Sept. 18 • 5 miles
1st of 6/107 runners

8. Greg Laraia – 26:54.9
10. Amr Aldeen – 27:01.8
29. Jared Wilson – 27:43.3
34. Chris Zadroga – 28:08.2
47. James Ward – 28:20.7

Don Cathcart Invite at Salisbury, Md.

Saturday, Oct. 2 • 8k
1st of 15/183 Runners

3. Greg Laraia – 25:19
7. Amr Aldeen – 25:35
12. Mike Pereira – 25:56
15. Jim Romano – 26:10
20. Sam Janssen – 26:25

Lafayette Invitational

Saturday, Oct. 16 • 8k
3rd of 9/110 runners

8. Amr Aldeen – 26:24.0
14. Greg Laraia – 26:30.8
21. Mike Pereira – 26:54.6
27. Chris Zadroga – 27:04.2
35. Frank Fezza – 27:18.0

Nevins Invitational at ESU

Saturday, Oct. 23 • 5k
1st of 10/106 runners

3. Amr Aldeen – 15:24.8
8. Greg Laraia – 15:42.8
10. Jared Wilson – 15:48.3
11. Mike Pereira – 15:50.1
12. Chris Zadroga – 15:50.7

PSAC Championships at California, Pa.

Saturday, Nov. 6 • 8k
5th of 14/133 runners

17. Greg Laraia – 26:54
25. Mike Pereira – 27:32
27. Amr Aldeen – 27:34
43. Chris Zadroga – 28:05
55. Jim Romano – 28:27

NCAA Atlantic Regional at Cary, N.C.

Saturday, Nov. 20 • 10k
5th of 28/187 runners

32. Greg Laraia – 33:25.3
35. Amr Aldeen – 33:40.6
41. Mike Pereira – 33:51.9
43. Chris Zadroga – 33:58.3
50. Jim Romano – 34:02.8
67. Jared Wilson – 34:47.8
80. Justin Kimbrough – 35:15.3

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 11 • 5k
6th of 18/165 runners

4. Rose Mascoli – 18:32.13
23. Corinne Fitzgerald – 19:52.68
49. Kim Lowry – 20:48.45
51. Cassandra Lacorazza – 20:52.23
54. Kim Wernerspach – 21:04.65

Monmouth Invitational

Saturday, Sept. 18 • 5k
2nd of 6/113 runners

5. Rose Mascoli – 18:49.6
13. Corinne Fitzgerald – 19:37.0
27. Jonna Trexler – 20:25.0
30. Kim Lowry – 20:29.7
33. Cassandra Lacorazza – 20:36.3

Don Cathcart Invite at Salisbury, Md.

Saturday, Oct. 2 • 5920m
1st of 18/175 Runners

1. Rose Mascoli – 21:36
2. Corinne Fitzgerald – 22:07
14. Jonna Trexler – 22:41
16. Kim Lowry – 22:52
22. Cassandra Lacorazza – 23:04

Lafayette Invitational

Saturday, Oct. 16 • 6k
3rd of 8/78 runners

2. Rose Mascoli – 21:16.3
5. Corinne Fitzgerald – 22:00.6
16. Jonna Trexler – 23:03.2
27. Kim Lowry – 23:33.4
28. Kim Wernerspach – 23:33.8

Nevins Invitational at ESU

Saturday, Oct. 23 • 5k
1st of 7/79 runners

1. Rose Mascoli – 18:22.4
2. Jonna Trexler – 19:14.1
3. Bridget McCarron – 19:30.2
4. Kim Lowry – 19:31.6
8. Cassandra Lacorazza – 19:46.7

PSAC Championships at California, Pa.

Saturday, Nov. 6 • 6k
6th of 15/146 runners

12. Rose Mascoli – 23:01
20. Corinne Fitzgerald – 23:32
40. Jonna Trexler – 24:23
41. Kim Wernerspach – 24:24
57. Bridget McCarron – 24:49

NCAA Atlantic Regional at Cary, N.C.

Saturday, Nov. 20 • 6k
6th of 26/179 runners

4. Rose Mascoli – 21:54.3
23. Corinne Fitzgerald – 23:38.3
50. Jonna Trexler – 24:24.7
60. Bridget McCarron – 24:36.5
62. Kim Wernerspach – 24:38.9
75. Kim Lowry – 24:55.6
78. Cassandra Lacorazza – 25:01.3

NCAA DII Championships at Louisville, Kent.

Saturday, Dec. 4 • 6k
187 runners

24. Rose Mascoli – 21:52.8
(All-American)

2009 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 12 • 8k
2nd of 16/173 runners

- 10. Frank Fezza - 27:37.37
- 12. Greg Laraia - 27:41.12
- 17. Michael Pereira - 27: 51.01
- 18. Amr Aldeen - 27:51.23
- 32. Chris Zadroga - 28:15.02

Mountaineer Invitational

Saturday, Sept. 19 • 6k
2nd of 5/49 runners

- 6. Michael Pereira - 19:10.3
- 7. Greg Laraia - 19:10.6
- 9. Chris Zadroga - 19:15.8
- 13. Kyle Weir - 19:29.9
- 15. James Romano - 19:31.6

Don Cathcart Invitational

Saturday, Sept. 16 • 8k
1st of 11/107 runners

- 1. Frank Fezza - 25:34
- 2. Greg Laraia - 25:40
- 4. Chris Zadroga - 25:57
- 6. Amr Aldeen - 26:00
- 8. Kyle Weir - 26:02

Penn State National Meet at Lock Haven

Friday, Oct. 16 • 8k
9th of 13/124 runners

- 34. Frank Fezza - 26:05
- 48. Mike Pereira - 26:24
- 58. Greg Laraia - 26:37
- 79. Amr Aldeen - 26:58
- 84. Jim Romano - 27:12
- 97. Chris Zadroga - 27:44
- 100. Jared Wilson - 27:49

Nevins Invite at ESU

Saturday, Oct. 24 • 5k
2nd of 11/118 runners

- 4. Jim Romano - 16:56
- 8. Tom Zarnoch - 17:02
- 17. Jared Wilson - 17:16
- 19. Mike Saparito - 17:19
- 20. Dan Bowden - 17:27
- 22. Jeff Buck - 17:29
- 47. Kevin Tran - 18:35

PSAC Championships at Edinboro

Saturday, Oct. 31 • 8k
4th of 15/123 runners

- 12. Frank Fezza - 26:56.7
- 21. Greg Laraia - 27:17.6
- 30. Kyle Weir - 27:43.5
- 31. Michael Pereira - 27:43.5
- 33. Pat Carr - 27:52.5

NCAA Regionals at Mansfield

Saturday, Nov. 7 • 10k
4th of 21/141 runners

- 15. Frank Fezza - 32:14
- 22. Greg Laraia - 32:35
- 24. Mike Pereira - 32:42
- 28. Amr Aldeen - 32:55
- 29. Kyle Weir - 32:59
- 51. Chris Zadroga - 34:07
- 85. Pat Carr - 35:17

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 12 • 5k
19th of 18/181 runners

- 22. Rose Mascoli - 19:15.00
- 32. Jonna Trexler - 19:39.94
- 42. Niki Pasquarella - 19:54.52
- 79. Cassandra Lacorazza - 21:00.62
- 107. Allie Galvin - 21:56.24

Mountaineer Invitational

Saturday, Sept. 19 • 4k
1st of 6/55 runners

- 3. Rose Mascoli - 14:15.3
- 5. Niki Pasquarella - 14:29.8
- 6. Jonna Trexler - 14:30.3
- 7. Corinne Fitzgerald - 14:34.0
- 15. Bridget McCarron - 15:57.2

Don Cathcart Invitational

Saturday, Sept. 16 • 6k
2nd of 12/108 runners

- 2. Rose Mascoli - 22:22
- 5. Corinne Fitzgerald - 22:30
- 7. Niki Pasquarella - 22:38
- 9. Jonna Trexler - 22:51
- 43. Jenna Fisher - 25:11

Penn State National Meet at Lock Haven

Friday, Oct. 16. • 5k
17th of 18/202 runners

- 106. Rose Mascoli - 23:15
- 114. Niki Pasquarella - 23:23
- 188. Bridget McCarron - 26:00
- 190. Emily Haws - 26:18
- 192. Jenna Fisher - 26:42
- 193. Cassandra Lacorazza - 26:43
- 195. Kate Levinson - 27:03

Nevins Invite at ESU

Saturday, Oct. 24 • 5k
1st of 15/90 runners

- 2. Jonna Trexler - 19:54
- 3. Corinne Fitzgerald - 20:03
- 18. Cassandra Lacorazza - 21:31
- 21. Ally Galvin - 21:45
- 34. Jenna Fisher - 22:20
- 40. Sarah Laird - 22:47
- 42. Lisa Lower - 23:04

PSAC Championships at Edinboro

Saturday, Oct. 31 • 5k
12th of 16/140 runners

- 34. Rose Mascoli - 24:23.5
- 39. Jonna Trexler - 24:28.6
- 48. Niki Pasquarella - 24:45.6
- 56. Corinne Fitzgerald - 25:01.2
- 104. Bridget McCarron - 26:51.4

NCAA Regionals at Mansfield

Saturday, Nov. 7 • 6k
12th of 22/150 runners

- 40. Corinne Fitzgerald - 23:09
- 42. Rose Mascoli - 23:14
- 43. Niki Pasquarella - 23:15
- 96. Jonna Trexler - 24:49
- 111. Allison Galvin - 25:26
- 128. Emily Haws - 26:30
- 135. Bridget McCarron - 27:06

2008 RESULTS

MEN'S RESULTS

Fordham Invite

Saturday, Sept. 6 • 8k
10th of 16/176 runners

27. Greg Laraia - 28:03.6
41. Pat Carr - 28:31.7
69. Kyle Weir - 29:12.7
77. Sean Norberg - 29:17.8
94. Evan Daney - 30:00.9

Lock Haven Invitational

Saturday, Sept. 13 • 8k
2nd of 6/73 runners

6. Doug Jankowski - 26:49.7
8. Greg Laria - 26:54.9
13. Pat Carr - 27:15.9
15. Sean Norberg - 27:28.1
7. Kyle Weir - 27:41.4

Don Cathcart Invitational

Saturday, Sept. 27 • 8k
1st of 13/133 runners

3. Doug Jankowski - 26:22
5. Greg Laraia - 26:38
11. Chris Zadroga - 26:56
14. Dan Bowden - 27:05
15. Kyle Weir - 27:08

Slippery Rock Invitational

Saturday, Oct. 4 • 8k
8th of 22/237 runners

27. Doug Jankowski - 26:40
34. Greg Laraia - 26:46
38. Ryan Doyle - 26:56
41. Kyle Weir - 27:08
48. Chris Zadroga - 27:21

Leopard Invitational

Saturday, Oct. 18 • 8k
4th of 10/104 runners

13. Ryan Doyle - 26:20.8
15. Pat Carr - 26:22.6
33. Doug Jankowski - 27:03.3
35. Chris Zadroga - 27:07.8
36. Greg Laraia - 27:10.7

Nevins Invite at ESU

Saturday, October 25 • 5k
1st of 8/76 runners

3. Sean Norberg - 16:29
4. Chris Zadroga - 16:32
6. Sam Janssen - 16:45
11. Jeff Buck - 17:01
t-12. Evan Daney - 17:09
t-12. Tom Zarnoch - 17:09

PSAC Championships at Lock Haven

Saturday, Nov. 1 • 8k
6th of 15/127 runners

22. Ryan Doyle - 25:49
27. Chris Zadroga - 25:56
33. Kyle Weir - 26:06
44. Greg Laraia - 26:23
50. Pat Carr - 26:37

NCAA Regionals at Slippery Rock

Saturday, Nov. 8 • 10k
8th of 25/165 runners

38. Doug Jankowski - 33:51
41. Pat Carr - 34:02
44. Ryan Doyle - 34:13
46. Greg Laraia - 34:16
52. Chris Zadroga - 34:30

WOMEN'S RESULTS

Fordham Invite

Saturday, Sept. 6 • 5k
13th of 20/233 runners

35. Niki Pasquarella - 20:08.97
47. Jonna Trexler - 20:32.67
120. Amanda Bradbury - 21:51.42
127. Amy Moratz - 22:04.84
150. Leanne Pelak - 22:38.01

Lock Haven Invitational

Saturday, Sept. 13 • 6k
4th of 6/64 runners

6. Niki Pasquarella - 23:15.6
16. Amy Moratz - 23:35.5
28. Brooke Dunphy - 25:43.2
30. Kristine Goemaat - 25:55.8
31. Leanne Pelak - 26:02

Don Cathcart Invitational

Saturday, Sept. 27 • 6k
5th of 15/136 runners

5. Niki Pasquarella - 22:34
22. Amy Moratz - 23:50
28. Rachel Ostroski - 24:08
47. Amanda Bradbury - 24:52
57. Brooke Dunphy - 25:22

Slippery Rock Invitational

Saturday, Oct. 4 • 6k
17th of 29/292 runners

30. Niki Pasquarella - 23:36
77. Rachel Ostroski - 24:57
100. Amy Moratz - 25:33
133. Kristine Goemaat - 26:22
153. Leanne Pelak - 27:16

Leopard Invitational

Saturday, Oct. 18 • 8k
8th of 8/71 runners

8. Niki Pasquarella - 22:08.7
31. Rachel Ostroski - 23:47.1
50. Amanda Bradbury - 24:58.4
52. Bree Kelly - 25:09.4
55. Jenna Fisher - 25:18.3

Nevins Invite at ESU

Saturday, Oct. 25 • 5k
1st of 8/56 runners

2. Rachel Ostroski - 20:23
5. Jonna Trexler - 20:43
7. Amy Moratz - 20:53
8. Amanda Bradbury - 21:04
12. Kathleen Magerr - 21:21

PSAC Championships at Lock Haven

Saturday, Nov. 1 • 6k
14th of 16/138 runners

31. Niki Pasquarella - 22:45
62. Amy Moratz - 24:07
68. Jonna Trexler - 24:20
87. Amanda Bradbury - 25:04
89. Brooke Dunphy - 25:16

NCAA Regionals at Slippery Rock

Saturday, Nov. 8 • 6k
17th of 25/172 runners

48. Niki Pasquarella - 23:57
90. Jonna Trexler - 25:40
92. Brooke Dunphy - 25:45
112. Kristine Goemaat - 26:19
113. Amanda Bradbury - 26:23

2007 RESULTS

MEN'S RESULTS

Lehigh Valley Invite

Friday, Sept. 7 • 8k
3rd of 6/63 runners

3. Iuri Pinto - 26:43
14. Matt Frable - 27:48
21. Mitch Slater - 28:14
25. Chris Zadroga - 28:21
33. Matt Cook - 28:48

NYU Invitational

Saturday, Sept. 15 • 5 miles
6th of 23/238 runners

4. Iuri Pinto - 26:04
28. Ryan Doyle - 27:35
34. Chris Zadroga - 27:44
58. James Norley - 28:21
73. Dan Bowden - 28:33

Don Cathcart Invitational

Saturday, Sept. 29 • 8k
3rd of 13/131 runners

2. Iuri Pinto - 25:08
15. Doug Weeks - 26:14
22. Chris Zadroga - 26:33
23. Ryan Doyle - 26:34
35. Matt Cook - 27:03

Lafayette Invitational

Saturday, Oct. 13 • 8k
7th of 12/141 runners

9. Iuri Pinto - 25:48
30. Ryan Doyle - 27:00
49. Chris Zadroga - 27:24
64. Matt Cook - 27:40
81. Evan Daney - 28:24

Nevins Invite at ESU

Saturday, October 20 • 5k
1st of 6/65 runners

5. Doug Weeks - 16:59
8. Jim Norley - 17:07
9. Dan Bowden - 17:11
10. Evan Daney - 17:14
11. Mitch Slater - 17:14

PSAC Championships at Kutztown

Saturday, Oct. 27 • 8k
6th of 12/107 runners

9. Iuri Pinto - 26:39
34. Chris Zadroga - 27:55
37. Ryan Doyle - 27:58
51. Matt Cook - 28:31
72. Matt Frable - 29:00
74. Evan Daney - 29:02
82. Doug Weeks - 29:14
96. Dan Bowden - 30:23
100. Jim Norley - 30:42

NCAA Regionals at Lock Haven

Saturday, Nov. 3 • 10k
9th of 24/172 runners

18. Iuri Pinto - 32:07
39. Ryan Doyle - 33:00
63. Chris Zadroga - 33:43
67. Matt Cook - 33:49
89. Evan Daney - 34:37
97. Doug Weeks - 34:55
104. Matt Frable - 35:13

WOMEN'S RESULTS

Lehigh Valley Invite

Friday, Sept. 7 • 5k
4th of 6/53 runners

16. Niki Pasquarella - 24:43
18. Lori Johanson - 24:51
20. Amber Horn - 25:06
30. Amy Moratz - 25:48
34. Kristine Goemaat - 26:12

NYU Invitational

Saturday, Sept. 15 • 5k
4th of 22/209 runners

7. Niki Pasquarella - 19:58
17. Amber Horn - 20:36
21. Amanda Bradbury - 20:41
30. Lori Johanson - 21:02
40. Clarissa Cooblall - 21:21

Don Cathcart Invitational

Saturday, Sept. 29 • 6k
2nd of 12/105 runners

5. Niki Pasquarella - 22:20
12. Lori Johanson - 22:56
13. Amber Horn - 22:57
19. Amanda Bradbury - 23:24
31. Clarissa Cooblall - 24:06

Lafayette Invitational

Saturday, Oct. 13 • 6k
9th of 11/122 runners

40. Niki Pasquarella - 22:27
52. Amanda Bradbury - 22:49
66. Amber Horn - 23:10
72. Clarissa Cooblall - 23:15
80. Rachel Ostroski - 23:24

Nevins Invite at ESU

Saturday, Oct. 20 • 5k
1st of 6/51 runners

1. Amber Horn - 19:46
2. Lori Johanson - 20:03
4. Rachel Ostroski - 20:36
5. Clarissa Cooblall - 20:45
11. Leanne Pelak - 21:21

PSAC Championships at Kutztown

Saturday, Oct. 27 • 6k
9th of 14/115 runners

27. Amanda Bradbury - 25:27
32. Niki Pasquarella - 25:37
45. Rachel Ostroski - 25:59
51. Lori Johanson - 26:09
55. Amber Horn - 26:14
71. Amy Moratz - 26:46
72. Clarissa Cooblall - 26:47
81. Kathleen Magerr - 27:18
82. Kristine Goemaat - 27:19

NCAA Regionals at Lock Haven

Saturday, Nov. 3 • 6k
9th of 24/176 runners

40. Niki Pasquarella - 23:05
46. Amanda Bradbury - 23:18
49. Lori Johanson - 23:22
50. Amber Horn - 23:22
65. Clarissa Cooblall - 23:37
81. Amy Moratz - 24:02
111. Rachel Ostroski - 25:05

2006 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 9 • 8k
4th of 19/180 runners

- 14. Iuri Pinto (26:54)
- 25. Matt Collins (27:21)
- 30. Jon Douglas (27:29)
- 45. Jon Holland (27:54)
- 56. Drew Nesbitt (28:23)

Spiked Shoe Invitational at Penn State

Saturday, Sept. 23 • 8k
10th of 24/295 runners

- 40. Drew Nesbitt (27:06)
- 50. Iuri Pinto (27:22)
- 68. Jon Douglas (27:49)
- 69. Matt Collins (27:50)
- 85. Jon Holland (28:02)

Tidewater Fall Classic

Saturday, Sept. 30 • 8k
1st of 12/111 runners

- 2. Iuri Pinto (25:31)
- 3. Drew Nesbitt (25:33)
- 4. Matt Collins (25:38)
- 7. Jon Douglas (25:43)
- 16. Jon Holland (26:22)

Plansky Invite at Williams

Saturday, Oct. 14 • 6k
2nd of 10/133 runners

- 3. Iuri Pinto (19:17)
- 6. Drew Nesbitt (19:21)
- 19. Matt Collins (19:41)
- 26. Jon Douglas (19:50)
- 29. Ryan Doyle (19:54)

Nevins Invite at ESU

Saturday, October 21 • 5k
2nd of 10/85 runners

- 3. Jon Douglas (16:25)
- 11. Matt Frable (16:51)
- 17. Frank Adragna (17:14)
- 19. Kyle Weir (17:17)
- 20. Jeff Buzin (17:18)
- 22. Drew Sepielli (17:22)
- 23. Mitch Slater (17:23)

PSAC Championships at Bloomsburg

Saturday, Sept. 28 • 8k
6th of 14/107 runners

- 8. Iuri Pinto (26:47)
- 26. Jon Douglas (27:32)
- 36. Pat Carr (27:48)
- 37. Ryan Doyle (27:50)
- 44. Matt Collins (28:07)
- 51. Drew Nesbitt (28:17)
- 53. Kyle Layton (28:18)
- 54. Jon Holland (28:20)
- 63. Anthony Femia (28:41)

NCAA Regionals at Slippery Rock

Saturday, Nov. 4 • 10k
4th of 30/181 runners

- 10. Iuri Pinto (33:21)
- 22. Jon Douglas (34:08)
- 40. Matt Collins (34:53)
- 43. Drew Nesbitt (34:58)
- 52. Ryan Doyle (35:09)
- 54. Pat Carr (35:12)
- 58. Jon Holland (28:32)

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 9 • 5k
8th of 18/159 runners

- 29. Jess Chong (20:30)
- 32. Lori Johanson (20:36)
- 64. Amanda Bradbury (21:44)
- 65. Tiff Sauber (21:45)
- 71. Cari Anne Gerbino (21:55)

Spiked Shoe Invitational at Penn State

Saturday, Sept. 23 • 6k
20th of 25/314 runners

- 78. Jess Chong (23:57)
- 97. Lori Johanson (24:26)
- 111. Tiff Sauber (24:55)
- 115. Amanda Bradbury (25:06)
- 127. Cari Anne Gerbino (25:23)

Tidewater Fall Classic

Saturday, Sept. 30 • 6k
4th of 14/128 runners

- 8. Lori Johanson (22:48)
- 9. Jess Chong (22:49)
- 21. Tiff Sauber (23:42)
- 22. Cari Anne Gerbino (23:47)
- 25. Amber Horn (23:54)

Plansky Invite at Williams

Saturday, Oct. 14 • 5k
4th of 6/83 runners

- 15. Lori Johanson (20:04)
- 26. Cari Anne Gerbino (20:32)
- 28. Tiff Sauber (20:39)
- 30. Amber Horn (20:50)
- 34. Jess Chong (21:07)

Nevins Invite at ESU

Saturday, Oct. 21 • 5k
2nd of 9/84 runners

- 2. Lori Johanson (19:59)
- 5. Jess Chong (20:18)
- 8. Amber Horn (20:31)
- 13. Cari Anne Gerbino (20:47)
- 18. Bree Kelly (21:06)

PSAC Championships at Bloomsburg

Saturday, Oct. 28 • 6k
t-9th of 14/106 runners

- 24. Lori Johanson (24:31)
- 42. Jess Chong (25:39)
- 50. Tiff Sauber (25:52)
- 56. Amanda Bradbury (26:20)
- 64. Rachel Ostroski (26:36)
- 69. Katie Chawner (26:51)
- 73. Cari Anne Gerbino (27:03)
- 92. Bree Kelly (28:57)
- 96. Amber Horn (29:46)

NCAA Regionals at Slippery Rock

Saturday, Nov. 4 • 6k
10th of 29/189 runners

- 31. Lori Johanson (24:40)
- 48. Jess Chong (25:14)
- 57. Amanda Bradbury (25:26)
- 63. Tiff Sauber (25:40)
- 73. Cari Anne Gerbino (26:00)
- 101. Niki Pasquarella (26:56)
- 117. Rachel Ostroski (27:30)

2005 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 10 • 8k
8th of 17/153 runners

25. Iuri Pinto - 26:38
28. Matt Collins - 26:41
72. Pat Carr - 28:23
75. Matt Frable - 28:32
79. James Coomber - 28:44

George Washington Invitational

Saturday, Sept. 24 • 8k
5th of 12/141 runners

3. Iuri Pinto - 25:59
4. Matt Collins - 26:02
35. James Coomber - 27:18
54. Jon Holland - 27:33
58. Anthony Della Pelle - 27:40

Tidewater Fall Classic

Saturday, Oct. 1 • 8k
2nd of 9/82 runners

2. Iuri Pinto - 25:17
11. Matt Collins - 26:11
17. James Coomber - 26:29
20. Jon Holland - 27:03
21. Anthony Della Pelle - 27:03

DeSales Invite

Saturday, Oct. 15 • 8k
2nd of 23/233 runners

1. Iuri Pinto - 27:06
2. Matt Collins - 27:14
18. Jeff Buck - 28:25
32. Jon Holland - 28:52
35. James Coomber - 28:57

Nevins Invite at ESU

Saturday, October 22 • 5k
1st of 6/65 runners

4. Patt Carr - 17:29
6. Drew Nesbitt - 17:43
11. James Coomber - 17:53
13. Anthony Femia - 17:57
14. Matt Frable - 17:59

PSAC Championships at Slippery Rock

Saturday, Oct. 29 • 8k
8th of 14/109 runners

16. Iuri Pinto - 26:11
29. Matt Collins - 26:40
50. James Coomber - 27:29
58. Jon Holland - 27:44
63. Drew Nesbitt - 27:54
66. Pete Miller - 28:05
68. Pat Carr - 28:06
80. Anthony Della Pelle - 28:26
89. Matt Frable - 28:57

NCAA Regionals at Lock Haven

Saturday, Nov. 5 • 10k
6th of 29/174 runners

21. Iuri Pinto - 32:32
22. Matt Collins - 32:33
37. Drew Nesbitt - 33:23
63. James Coomber - 34:14
66. Jon Holland - 34:18
74. Pat Carr - 34:41
102. Anthony Della Pelle - 35:55

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 10 • 5k
11th of 19/210 runners

32. Vanessa Andes - 19:15
87. Jess Chong - 20:41
92. Jackie Young - 20:46
98. Krista DiRiancho - 20:53
117. Lori Johanson - 21:28

George Washington Invitational

Saturday, Sept. 24 • 6k
6th of 12/117 runners

4. Vanessa Andes - 22:47
35. Jess Chong - 24:43
45. Amber Horn - 25:04
51. Kelly Brennan - 25:14
53. Lori Johanson - 25:20

Tidewater Fall Classic

Saturday, Oct. 1 • 6k
2nd of 8/94 runners

2. Vanessa Andes - 21:39
8. Jackie Young - 23:01
10. Jess Chong - 23:06
17. Kelly Brennan - 23:32
18. Amber Horn - 23:59

DeSales Invite

Saturday, Oct. 15 • 6k
4th of 23/245 runners

17. Jess Chong - 26:29
24. Kelly Brenan - 26:45
26. Lori Johanson - 26:51
28. Jackie Young - 26:57
38. Chrissy Greer - 27:11

Nevins Invite at ESU

Saturday, Oct. 22 • 5k
1st of 4/57 runners

1. Vanessa Andes - 20:04
3. Jackie Young - 21:20
4. Carol Bullen - 21:41
5. Cari Anne Gerbino - 21:47
8. Katie Chawner - 22:08

PSAC Championships at Slippery Rock

Saturday, Oct. 29 • 6k
10th of 13/108 runners

14. Vanessa Andes - 23:05
51. Jess Chong - 24:34
52. Jackie Young - 24:37
64. Carol Bullen - 25:13
65. Kelly Brennan - 25:16
69. Cari Anne Gerbino - 25:27
71. Lori Johanson - 25:30
81. Amber Horn - 25:33
84. Chrissy Greer - 26:16

NCAA Regionals at Lock Haven

Saturday, Nov. 5 • 6k
13th of 24/181 runners

9. Vanessa Andes - 22:15
63. Jessica Chong - 23:56
69. Jackie Young - 24:06
84. Carol Bullen - 24:32
89. Cari Anne Gerbino - 24:51
90. Kelly Brennan - 25:02
109. Katie Chawner - 25:52

2004 RESULTS

MEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 11 • 8k
6th of 17

24. Iuri Pinto - 27:16
27. Jon Douglas - 27:23
45. Drew Nesbitt - 28:03
59. Marcus Magyar - 28:25
62. James Coomber - 28:28

Southern Indiana

Saturday, Sept. 25 • 8k
12th of 15/166 runners

57. Jon Douglas - 26:56
69. Matt Collins - 27:15
81. Drew Nesbitt - 27:34
88. James Coomber - 27:42
90. Mike Patrizi - 27:45

LaSalle Invite

Saturday, Oct. 2 • 8k
5th of 12/100 runners

3. Iuri Pinto - 26:15
12. Jon Douglas - 26:50
26. Matt Collins - 27:17
41. Drew Nesbitt - 27:40
49. James Coomber - 27:57

DeSales Invite

Saturday, Oct. 17 • 8k
3rd of 28/199 runners

4. Iuri Pinto - 26:55
9. Jon Douglas - 27:12
23. Mike Patrizi - 27:49
37. Matt Collins - 28:00
39. James Coomber - 28:10

Nevins Invite at ESU

Saturday, October 23 • 5k
1st of 10/60 runners

2. Drew Nesbitt - 16:47
5. Matt Collins - 16:51
6. Pete Miller - 16:52
8. Marcus Magyar - 16:56
10. Jon Douglas - 17:00

PSAC Championships at Kutztown

Saturday, Oct. 30 • 8k
8th of 14/118 runners

12. Iuri Pinto - 26:27
32. Jon Douglas - 27:13
54. James Coomber - 27:59
58. Matt Collins - 28:07
60. Pete Miller - 28:09

NCAA Regionals at IUP

Saturday, Nov. 6 • 10k
7th of 26/185 runners

7. Iuri Pinto - 32:40
22. Jon Douglas - 33:26
64. Anthony Femia - 35:15
65. Matt Collins - 35:16
75. Pete Miller - 35:31
82. James Coomber - 35:52
88. Mike Patrizi - 36:12

WOMEN'S RESULTS

Fordham Ram Invite

Saturday, Sept. 11 • 5k
7th of 18

1. Vanessa Andes - 18:41
38. Jane Grendel - 20:05
63. Jess Chong - 20:45
78. Kelly Brennan - 21:16
79. Trish Monteforte - 21:16

Southern Indiana

Saturday, Sept. 25 • 6k
9th

3. Vanessa Andes - 22:15
41. Jess Chong - 24:42
47. Jane Grendel - 24:51
82. Trish Monteforte - 25:51
85. Kelly Brennan - 25:53

LaSalle Invite

Saturday, Oct. 2 • 5k
5th

1. Vanessa Andes - 18:17
21. Jane Grendel - 20:07
26. Jess Chong - 20:10
38. Trish Monteforte - 20:40
45. Krista DiRiancho - 20:55

DeSales Invite

Saturday, Oct. 17 • 6k
4th of 27/191 runners

1. Vanessa Andes - 22:54
10. Jane Grendel - 24:18
20. Jess Chong - 25:04
37. Trish Monteforte - 25:49
66. Carol Bullen
79. Tiff Sauber

Nevins Invite at ESU

Saturday, October 23 • 5k
1st of 4

2. Jess Chong - 19:59
6. Carol Bullen - 20:35
8. Trish Monteforte - 20:40
12. Kelly Brennan - 21:05
18. Clarissa Coolblall - 21:41

PSAC Championships at Kutztown

Saturday, Oct. 30 • 6k
7th of 14/ 107 runners

2. Vanessa Andes - 22:32
17. Jane Grendel - 24:07
40. Jess Chong - 25:18

NCAA Regionals at IUP

Saturday, Nov. 6 • 6k
6th

4. Vanessa Andes - 21:24
26. Jane Grendel - 22:56
38. Jess Chong - 23:17
60. Carol Bullen - 24:08
66. Krista DiRiancho - 24:12

NCAA Regionals at Southern Indiana

Saturday, Nov. 20 • 6k

14. Vanessa Andes - 22:20

2003 RESULTS

MEN'S RESULTS

Lehigh Valley Champs

Friday, Sept. 5 • 8k
4th of 7/88 runners

14. James Coomber - 26:48
17. Mike Loenser - 27:05
38. Mike Patrizi - 28:12
43. Mike Badway - 28:21
69. Anthony Femia - 30:04
82. Bob Scott - 31:47

Fordham Ram Invite

Saturday, Sept. 13 • 8k
8th of 17/190 runners

35. James Coomber - 27:03
39. Mike Loenser - 27:09
67. Andy Sabella - 28:04
76. Jon Douglas - 28:26
92. Drew Nesbitt - 28:51

Tidewater Fall Classic

Saturday, Sept. 27 • 8k
4th of 10/122 runners

4. Mike Loenser - 26:28
14. Jon Douglas - 27:18
23. James Coomber - 27:45
29. Mike Patrizi - 27:53
33. Drew Nesbitt - 28:05

Paul Short (Lehigh)

Saturday, Oct. 4 • 8k
27th of 32/233 runners

118. James Coomber - 26:17
155. Mike Loenser - 26:41
183. Jon Douglas - 27:26
196. Andy Sabella - 27:43
197. Drew Nesbitt - 27:45

DeSales Invite

Saturday, Oct. 18 • 8k
7th of 34/228 runners

22. Mike Loenser - 27:38
30. James Coomber - 27:54
44. Jon Douglas - 28:07
60. Pete Miller - 28:30
67. Andy Sabella - 28:38

Kutztown

Saturday, October 25 • 5k
47 runners

6. Andy Sabella - 16:50
7. Pete Miller - 16:58
12. Jon Douglas - 17:11
13. Mike Badway - 17:11
17. Mike Patrizi - 17:26

PSAC Championships at Bloomsburg

Saturday, Nov. 1 • 8k
10th of 14/118 runners

35. Jon Douglas - 27:51
39. Mike Loenser - 27:58
56. Pete Miller - 28:28
59. James Coomber - 28:31
67. Andy Sabella - 28:46

NCAA Regionals at Lock Haven

Saturday, Nov. 8 • 10k
13th of 24/171 runners

29. Mike Loenser - 33:11
53. Jon Douglas - 33:58
69. Drew Nesbitt - 34:29
86. Andy Sabella - 35:01
98. Mike Badway - 35:31
99. Pete Miller - 35:33

WOMEN'S RESULTS

Lehigh Valley Champs

Friday, Sept. 5 • 6k
7th of 7

24. Jess Chong - 24:34
26. Kelly Curry - 24:40
30. Jane Grendel - 24:56
38. Steph Kutsop - 25:34
43. Trish Monteforte - 25:48

Fordham Ram Invite

Saturday, Sept. 13 • 5k
7th of 15/204 runners

3. Vanessa Andes - 18:27
40. Kelly Curry - 19:57
63. Jess Chong - 20:29
66. Holly Holtzinger - 20:33
67. Jane Grendel - 20:33

Tidewater Fall Classic

Saturday, Sept. 27 • 6k
2nd of 7/86 runners

1. Vanessa Andes - 21:37
6. Daffney Parsons - 23:07
10. Jess Chong - 23:33
12. Kelly Curry - 23:38
21. Jane Grendel - 24:11

Paul Short (Lehigh)

Saturday, Oct. 4 • 6k
26th of 32/224 runners

17. Vanessa Andes - 21:37
132. Kelly Curry - 23:31
136. Jane Grendel - 23:35
185. Jess Chong - 24:22
189. Steph Kutsop - 24:27

DeSales Invite

Saturday, Oct. 18 • 5k
3rd of 31/221 runners

1. Vanessa Andes - 18:43
12. Kelly Curry - 19:56
25. Jane Grendel - 20:21
29. Daffney Parsons - 20:26
43. Holly Holtzinger - 20:59

Kutztown

Saturday, October 25 • 5k
23 runners

1. Daffney Parsons - 20:00
5. Holly Holtzinger - 20:54
7. Carol Bullen - 20:56
9. Tiff Sauber - 21:34
10. Katie Morton - 21:37

PSAC Championships at Bloomsburg

Saturday, Nov. 1 • 6k
3rd of 14/112 runners

2. Vanessa Andes - 22:25
17. Daffney Parsons - 24:10
22. Kelly Curry - 24:24
32. Jane Grendel - 24:43
41. Holly Holtzinger - 24:55

NCAA Regionals at Lock Haven

Saturday, Nov. 8 • 6k
3rd of 24/162 runners

3. Vanessa Andes - 21:57
18. Daffney Parsons - 22:57
19. Kelly Curry - 22:58
23. Jane Grendel - 23:05
50. Holly Holtzinger - 23:47
59. Steph Kutsop - 24:00

NCAA at Raleigh, N.C.

Saturday, Nov. 22 • 6k

5. Vanessa Andes - 21:35

2002 RESULTS

MEN'S RESULTS

Lehigh Valley Champs

Friday, Sept. 6 • 8k
5th of 7/90 runners

5. Darryl Brown - 26:26
12. Mike Loenser - 26:42
42. Mike Browne - 27:59
43. Pete Miller - 28:00
49. Mike Patrizi - 28:15

Fordham Ram Invite

Saturday, Sept. 14 • 8k
9th of 17/155 runners

16. Darryl Brown - 27:19
59. Mike Loenser - 28:45
73. Mike Patrizi - 29:08
87. Rob Thomas - 29:37
94. Andy Sabella - 29:53

Tidewater Fall Classic

Saturday, Sept. 28 • 8k
5th of 18/181 runners

1. Darryl Brown - 25:32
23. Mike Loenser - 26:52
26. Mike Patrizi - 27:02
28. Mike Browne - 27:16
40. Pete Miller - 27:35

LaSalle Invitational

Saturday, Oct. 5 • 8k
9th of 10/114 runners

11. Darryl Brown - 26:11
55. Mike Loenser - 27:46
74. Mike Patrizi - 28:19
85. Mike Browne - 28:35
102. Andy Sabella - 29:20

DeSales Invite

Saturday, Oct. 14 • 8k
9th of 40/275 runners

6. Darryl Brown - 26:12
42. Mike Loenser - 27:27
62. Mike Browne - 27:51
66. Rob Thomas - 28:02
73. Mike Patrizi - 28:09
191. Pete Miller - 21:18

Kutztown

Saturday, October 26 • 5k
23 runners

2. Mike Browne - 17:16
3. Pete Miller - 17:22
4. Steve Spaits - 17:24
6. Mike Patrizi - 17:33
8. Andy Sabella - 17:39

PSAC Championships at Edinboro

Saturday, Nov. 2 • 8k
9th of 13/106 runners

5. Darryl Brown - 27:18
56. Mike Browne - 29:02
57. Mike Loenser - 29:03
61. Mike Patrizi - 29:14
72. Steve Spaits - 29:47

NCAA Regionals at Canaan Valley, W.V.

Saturday, Nov. 9 • 10k
10th of 21/157 runners

4. Darryl Brown - 32:56
60. Mike Loenser - 35:27
75. Pete Miller - 36:24
82. Mike Browne - 36:48
91. Andy Sabella - 37:15
102. Mike Patrizi - 37:52
119. Steve Spaits - 38:47

NCAA Championships at Ashland, Ohio

Saturday, Nov. 23 • 10k
186 finishers

80. Darryl Brown - 33:17

WOMEN'S RESULTS

Lehigh Valley Champs

Friday, Sept. 6 • 6k
6th of 7/83 runners

10. Colleen Weber - 23:45
26. Vanessa Andes - 24:42
41. Kelly Curry - 25:46
42. Krystal Klugh - 25:53

Fordham Ram Invite

Saturday, Sept. 14 • 5k
8th of 15/146 runners

35. Vanessa Andes - 20:42
40. Colleen Weber - 20:47
54. Erin Coyle - 21:40
56. Daffney Parsons - 21:44
64. Holly Holtzinger - 22:22

Tidewater Fall Classic

Saturday, Sept. 28 • 6k
7th of 15/163 runners

19. Colleen Weber - 23:13
31. Vanessa Andes - 23:40
37. Daffney Parsons - 24:01
51. Kelly Curry - 24:37
52. Holly Holtzinger - 24:41

LaSalle Invitational

Saturday, Oct. 5 • 5k
7th of 8/85 runners

45. Vanessa Andes - 20:54
50. Colleen Weber - 21:16
53. Daffney Parsons - 21:23
68. Kelly Curry - 21:57
72. Jane Grendel - 22:09
75. Hollie Smith - 22:33

DeSales Invite

Saturday, Oct. 14 • 5k
8th of 16/278 runners

38. Vanessa Andes - 20:26
39. Daffney Parsons - 20:28
57. Hollie Smith - 20:52
70. Holly Holtzinger - 21:00
88. Colleen Weber - 21:14
89. Jane Grendel - 21:14

Kutztown

Saturday, October 26 • 5k
23 runners

6. Kelly Curry - 21:14
9. Carol Bullen - 21:27
10. Holly Holtzinger - 21:38
11. Krystal Klugh - 21:43
13. Jen Tomaselli - 22:06

PSAC Championships at Edinboro

Saturday, Nov. 2 • 6k
9th of 13/102 runners

35. Hollie Smith - 25:20
47. Vanessa Andes - 25:40
51. Holly Holtzinger - 25:45
63. Colleen Weber - 26:04
72. Kelly Curry - 26:27

NCAA Regionals at Canaan Valley, W.V.

Saturday, Nov. 9 • 6k
10th of 18/139 runners

43. Vanessa Andes - 25:57
65. Hollie Smith - 26:26
66. Colleen Weber - 26:26
69. Kelly Curry - 26:40
77. Holly Holtzinger - 26:53
84. Steph Kutsop - 27:16
88. Jane Grendel - 27:46

EAST STROUDSBURG UNIVERSITY

2001 Men's Cross Country Results

Team Record: 0-0

Lehigh Valley Championships	6th (6)
Lehigh 27, Lafayette 75, Moravian 91, DeSales 108, Kutztown 140, ESU 146 (run at Lehigh)	
Tidewater Classic, Salisbury	3rd (6)
Rowan 31, Salisbury State 46, ESU 76, Kean 109, Wesley 141, Bowie State 149	
Paul Short Inv., Lehigh	38th (39)
Penn State 66, Bucknell 135, West Virginia 138, Haverford 173, Penn 193, St. Joseph's 225, Albany 235, Uconn 236, Wayne State 253, Buffalo 310. ESU scored 1053	
DeSales College Inv.	8th (35)
New Jersey 27, Haverford 130, Dickinson 136, Widener 159, Kutztown 166, Rowan 191, West Chester 226, ESU 248, Lehigh 279, Swarthmore 285	
West Chester Inc. Team (H)	No Competition
PSAC Championships	11th (14)
Edinboro 24, Shippensburg 87, Millersville 91, Lock Haven 131, Kutztown 141, Slippery Rock 168, West Chester 203, IUP 223, Clarion 231, Bloomsburg 247, ESU 262, California 322, Mansfield 387, Cheyney 453 (at Lock Haven)	
NCAA Div. II Regionals	11th (23)
Edinboro 37, Millersville 90, Shippensburg 132, Lock Haven 143, Alderson-Broadus 166, Kutztown 173, Wheeling Jesuit 203, Slippery Rock 230, IUP 248, West Virginia Wesleyan 260, ESU 284 (at Slippery Rock)	

The Honor Roll:

NCAA Div. II Regionals (10K, 129)	
Rob Lado	37th (36:00)
Mark Donio	48th (36:36)
Mike Loenser	53rd (36:51)
Mike Browne	66th (37:14)
Mike Patrizi	80th (37:44)
Mike Badway	84th (37:47)
Matt Bowman	112th (39:49)

PSAC Championships (8K, 93)

Rob Lado	38th (26:37)
Mike Loenser	51st (27:02)
Mark Donio	52nd (27:02)
Mike Browne	58th (27:18)
Mike Patrizi	63rd (27:21)
Mike Badway	72nd (27:54)
Matt Bowman	74th (28:02)

Tidewater Classic (8K, 56)

Mark Donio	5th (26:69)
Mike Webster	8th (27:10)
Mike Patrizi	22nd (28:04)
Mike Browne	23rd (28:24)
Rob Thomas	28th (29:03)

DeSales Invitational (8K, 232)

Mark Donio	34th (27:40)
Mike Loenser	41st (27:52)
Rob Lado	48th (28:04)
Mike Webster	57th (28:16)
Mike Browne	70th (28:34)

Paul Short Invitational (8K, 274)

Mark Donio	181st (27:21)
Rob Lado	193rd (27:36)
Mike Loenser	215th (27:48)
Mike Browne	218th (27:50)
Mike Patrizi	240th (28:46)

Lehigh Valley Championships (8K)

Mark Donio	23rd (27:39)
Mike Loenser	30th (27:56)
Mike Browne	38th (28:16)
Rob Lado	39th (28:25)
Matt Bowman	45th (28:39)

EAST STROUDSBURG UNIVERSITY

2000 Men's Cross Country Results

Team Record: 3-1

Lafayette Invitational 9th (9)
 Seton Hall 47, New Jersey 79,
 Rider 79, Monmouth 81, Lafayette 132,
 Millersville 146, LaSalle 154,
 Bloomsburg 191, ESU 232

Stony Brook Festival 1st (5)
 ESU 36, Hofstra 37, Stony Brook 54,
 Nassar CC 111, Old Westbury 141

Tidewater Classic, Salisbury 2nd (8)
 Rowan 35, ESU 38, Salisbury 58,
 Catholic 91, Bowie State 154,
 Adelphi, Kean, Wesley inc.

Felician 17-43W

Allentown Invitational 2nd (28)
 College of N.J. 55, ESU 131+55,
 U.S. Merchant Marine 131+72,
 Kutztown 132, Widener 171, Muhlenberg,
 243, Rowan 245, Moravian 248,
 Allentown 280, Scranton 293

4-Team Meet at West Chester 2-1
 ESU 25, Muhlenberg 34W
 ESU 23, Moravian 34W
 West Chester 15, ESU 46L

PSAC Championships, Slippery Rock 9th (13)
 Edinboro 25, Shippensburg 90
 Lock Haven 112, Kutztown 152,
 Slippery Rock 156, West Chester 160,
 Millersville 166, IUP 183, ESU 206,
 Clarion 218, Bloomsburg 295,
 California 334, Mansfield 414

NCAA Div. II Regionals, LHU 11th (18)
 Edinboro 28, Shippensburg 118,
 Lock Haven 162, Slippery Rock 165,
 Kutztown 183, Wheeling Jesuit 188,
 West Chester 201, IUP 228,
 Millersville 228, Alderson Broaddus 228,
 ESU 249, Clarion 459, Westminster 324,
 Bloomsburg 348, West Liberty 391,
 California 459, Concord 529,
 Mansfield 549

The Honor Roll:

NCAA Div. II Regionals (10K, 123)
 Darryl Brown 27th (32:59.0)
 Brian Trentowski 30th (33:01.7)
 Jeff Callan 50th (33:41.8)
 Mark Donio 58th (34:10.2)
 Mike Webster 76th (34:41.6)
 Mike Browne 78th (34:45.4)
 Jared Sparks 83rd (35:03.5)

PSAC Championships (8K, 89)

Darryl Brown 26th (28:22)
 Brian Trentowski 28th (28:25)
 Mark Donio 46th (28:59)
 Jeff Callan 49th (29:07)
 Mike Webster 57th (29:23)
 Mike Browne 64th (29:34)
 Mike Loenser 67th (29:42)

Allentown Invitational (8K, 282)

Darryl Brown 16th (27:27.8)
 Mike Webster 21st (27:34.6)
 Brian Trentowski 23rd (27:42.3)
 Jeff Callan 31st (27:50.4)
 Mark Donio 47th (28:12.6)

Tidewater Classic (8K, 59)

Darryl Brown 3rd (26:49)
 Mike Webster 7th (27:14)
 Mike Loenser 8th (27:18)
 Brian Trentowski 11th (27:38)
 Jared Sparks 13th (27:45)

Lafayette Invitational (5m, 92)

Mike Webster 31st (28:18)
 Mike Loenser 42nd (29:56)
 Mark Donio 59th (29:43)
 Jared Sparks 60th (29:50)
 Mike Browne 71st (30:14)

Stony Brook Classic (5K, 49)

Darryl Brown 2nd (17:01)
 Mike Webster 5th (17:30)
 Mike Loenser 8th (17:38)
 Brian Trentowski 10th (17:47)
 Jeff Callan 11th (17:57)

EAST STROUDSBURG UNIVERSITY

1999 Men's Cross Country Results

Team Record: 5-2

Lafayette Invitational	7th (9)
Penn 41, Lafayette 60, Monmouth 83,	
Coll. New Jersey 99, LaSalle 113,	
Millersville 141, ESU 167, Seton	
Hall 185, Bloomsburg inc.	
Delaware Invitational	1st (4)
ESU 36, Kutztown 37, West Chester 50,	
Lincoln 120 (Div. II-III only)	
Tidewater Classic, Salisbury	1st (8)
ESU 22, Christopher Newport 74,	
Salisbury State 84, George Mason	
98, Essex CC 174, Wesley 201,	
Adelphi 204	
Binghamton (H) with	26-31W
William Paterson (H)	15-50W
Shippensburg (H)	35-23L
C.W. Post (H)	15-49W
Lehman (H)	15-50W
IC4A Championships, NYC	15th (29)
Manhattan 85, Columbia 143,	
Lafayette 147, Lehigh 172, Colgate	
221, Rutgers 256, Fordham 260,	
Albany 269, NYU and Rider 274.	
ESU scored 329	
West Chester (H) with	42-19L
Le Moyne (H)	25-30W
PSAC Championships, Kutztown	5th (13)
Edinboro 43, Lock Haven 45, Shipp-	
ensburg 92, Millersville 105, ESU	
132, Kutztown 175, Clarion 185,	
West Chester 196, Slippery Rock 214,	
IUP 258, Bloomsburg 357, Califor-	
nia 362, Mansfield 372	
NCAA Div. II Regionals	7th (29)
Edinboro 42, Southern Conn. 115,	
Lock Haven 117, Bentley 126,	
Shippensburg 178, Millersville 238,	
ESU 240, Wheeling Jesuit 261,	
UMass-Lowell 271, New Haven 282	
(in Boston)	

The Honor Roll

NCAA Div. II Regionals (10K, 218)	
Matt Stohl	13th (32:12,
	All Region)
Shawn Strohm	44th (33:02)
Brian Trentowski	45th (33:04)
Pete Sarro	66th (33:30)
Jeff Callan	81st (33:52)
Mark Donio	85th (33:59)
Dave Bucko	92nd (34:06)

PSAC Championships (8K, 84)

Matt Stohl	11th (26:20,
	All-PSAC)
Pete Sarro	24th (26:57)
Brian Trentowski	28th (27:07)
Shawn Strohm	31st (27:15)
Mark Donio	38th (27:27)
Jeff Callan	47th (27:56)

IC4A Championships (5m, 188)

Matt Stohl	49th (27:04)
Pete Sarro	52nd (27:06)
Shawn Strohm	54th (27:08)
Brian Trentowski	79th (27:30)
Mark Donio	95th (27:52)

Tidewater Classic (8K, 71)

Matt Stohl	1st (26:20)
Shawn Strohm	2nd (26:33)
Brian Trentowski	3rd (26:43)
Pete Sarro	6th (26:53)
David Bucko	10th (27:11)

Delaware Invitational (8m, 50)

Matt Stohl	4th (27:36)
Jeff Callan	10th (28:34)
Mark Donio	14th (28:40)
Mike Webster	24th (29:11)
David Bucko	26th (29:14)

Lafayette Invitational (5m, 97)

Matt Stohl	14th (27:08)
Shawn Strohm	36th (28:00)
Jeff Callan	42nd (28:13)
David Bucko	43rd (28:15)
Mike Webster	44th (28:22)

EAST STROUDSBURG UNIVERSITY

1998 Men's Cross Country Results

Team Record: 1-1

Lafayette Invitational	6th (9)
Columbia 26, Villanova 56,	
Lafayette 104, College of New	
Jersey 108, Seton Hall 124, ESU	
125, Millersville 215, Moravian	
217, Bloomsburg 237	
Delaware Invitational	6th (10)
Penn 27, Columbia 29, Towson 109,	
Maryland-Baltimore 124, Navy JV	
136, ESU 139, Delaware 176,	
Lincoln 251, Morgan State 294,	
Delaware State inc.	
UNC-Greensboro Invitational	1st (10)
ESU 44, Charleston SC 80, West	
Va. Wesleyan 97, VMI 101, High	
Point 165, UNC Greensboro 177,	
Elon 198, Hampton 219, North	
Carolina A and T 293, South	
Carolina State 329	
Shippensburg (A)	43-17L
IC4A Championships in NYC	5th (29)
St. Francis, Pa. 61, Albany 151,	
Towson State 177, Marist 189, Rut-	
gers 193, Monmouth 200k Lehigh 204,	
Iona 220, ESU 223, Lafayette 231	
West Chester (A)	17-46W
PSAC Championships	6th (14)
Edinboro 21, Shippensburg 67,	
IUP 108, Slippery Rock 117, Lock	
Haven 121, ESU 151, Bloomsburg 228,	
Clarion 229, Millersville 239,	
Kutztown 278, California 310,	
West Chester 313, Mansfield 334,	
Cheyney 441 (at Clarion)	
NCAA Division II Regionals	7th (28)
Edinboro 26, Shippensburg 73,	
Bentley 135, IUP 157, Lock Haven	
174, Wheeling Jesuit 192, ESU 210,	
Slippery Rock 228, UMass-Lowell 231,	
Binghamton 241 (at Slippery Rock)	

The Honor Roll

NCAA Div. II Regionals (10K, 203)

Matt Hemmer	22nd (34:06)
Matt Stohl	24th (34:09)
Dave Bucko	43rd (34:58)
Mike Webster	59th (35:26)
Shawn Strohm	70th (35:42)

PSAC Championships (8K, 91)

Matt Hemmer	8th (27:49,
	All-Conference)
Matt Stohl	26th (28:42)
Dave Bucko	32nd (29:03)
Shawn Strohm	42nd (29:36)
Brian Trentkowski	43rd (29:36)

IC4A Championships (5M, 203)

Matt Hemmer	30th (26:37)
Matt Stohl	32nd (26:38)
Pete Sarro	50th (27:03)
Dave Bucko	55th (27:15)
Shawn Strohm	59th (27:19)

UNC Greensboro Invitational (8K, 78)

Matt Stohl	2nd (27:37)
Matt Hemmer	3rd (27:41)
Pete Sarro	6th (28:11)
Shawn Strohm	15th (28:47)
John Boyle	18th (28:52)

Delaware Invitational (8K, 178)

Dave Bucko	25th (27:41)
Matt Hemmer	35th (28:07)
Pete Sarro	36th (28:07)
Matt Stohl	37th (28:08)

Lafayette Invitational (5M, 113)

Dave Bucko	18th (27:24)
Matt Stohl	20th (27:28)
Pete Sarro	26th (27:43)

Varsity Letter-Winners

Name	Class
David Bucko	Junior
Matt Hemmer	Senior
Pete Sarro	Junior
Matt Stohl	Junior
Shawn Strohm	Junior
Brian Trentkowski	Sophomore
Mike Webster	Freshman
Head Coach: Joe Koch (10th Year)	
Assistant Coach: Drew Davis	
Co-Captains: Dave Bucko, Matt Hemmer	

Hometown (High School)
Harrisburg, Pa. (Cen. Dauphin)
Monroe, N.Y. (Monroe-Woodbury)
Chatham, N.Y. (Chatham)
Hellertown, Pa. (Saucon Valley)
Philadelphia, Pa. (Father Judge)
Holbrook, Pa. (Sachem)
Reading, Pa. (Exeter)

EAST STROUDSBURG UNIVERSITY

1997 Men's Cross Country Results

Team Record: 1-1

Lafayette Invitational	7th (12)
LaSalle 59, Villanova 67,	
Lafayette 80, Monmouth 107,	
Seton Hall 125, Millersville 165,	
ESU 166, Syracuse 196,	
Bloomsburg 225, Moravian 228	
Stony Brook Invitational	3rd (18)
Shippensburg 40, Albany 87	
ESU 109, Manhattan 110, Fordham	
142, St. John's 168, Kutztown	
188, Conn. College 212, Stony	
Brook 271, West Chester 307	
UNC-Greensboro Inv.	4th (9)
Western Carolina 31, Wake Forest	
79, VMI 81, ESU 82, Davidson 108,	
UNC Greensboro 197, Md. Eastern	
Shore 221, N.C. A and T 355,	
So. Carolina State 378	
Shippensburg (H)	50-15L
Old Westbury (H)	15-50W
IC4A Championships	5th (29)
Manhattan 72, Monmouth 105,	
Albany 134, Colgate 184, ESU 224,	
Lehigh 242, Geo. Washington 245,	
Delaware 246, Rutgers 250,	
St. Francis, Pa. 259,	
PSAC Championships	5th (12)
Edinboro 35, Shippensburg 62,	
IUP 82, Kutztown 119, ESU 123,	
Millersville 158, Lock Haven 194,	
Bloomsburg 201, Slippery Rock 210,	
Clarion 247, California, Pa. 289,	
West Chester 321 (at Bloomsburg)	
NCAA Div. II Regionals	3rd (27)
Edinboro 26, Shippensburg 75,	
ESU 120, IUP 172, UMass-Lowell	
182, Kutztown 207, Millersville	
226, Slippery Rock 242, Bentley	
265, Bloomsburg 337 (at Stony Brook)	

The Honor Roll

NCAA Div. II Regionals (10K, 197)	
Mike Farrell	19th (35:17)
Chip Noonan	20th (35:18)
Matt Hemmer	23rd (35:27)
Dave Bucko	29th (35:48)
Pete Sarro	31st (35:54)
Matt Stohl	32nd (35:54)
Aaron Carey	72nd (37:05)

PSAC Championships (8K, 85)

Matt Hemmer	12th (27:19)
(All-Conference)	
Mike Farrell	19th (27:46)
Pete Sarro	23rd (27:54)
Chip Noonan	32nd (28:11)
Matt Stohl	41st (28:38)
Aaron Carey	46th (28:46)
Dave Bucko	51st (27:17)

IC4A Championships (5K, 198)

Chip Noonan	30th (26:42)
Mike Farrell	40th (26:51.3)
Matt Hemmer	49th (27:01.8)
Dave Bucko	50th (27:04.4)
Pete Sarro	55th (27:07.1)

UNC-Greensboro Invit. (8K, 154)

Matt Hemmer	10th (26:50)
Mike Farrell	11th (26:52)
Chip Noonan	17th (27:14)

Stony Brook Invitational (10K, 167)

Matt Hemmer	8th (36:30.3)
Matt Stohl	20th (37:23.3)
Mike Farrell	22nd (37:27.4)

Lafayette Invitational (5M, 94)

Matt Hemmer	28th (27:35)
Mike Farrell	32nd (27:40)

Varsity Letter-Winners

Name	Class	Hometown (High School)
David Bucko	Sophomore	Harrisburg, Pa. (Cen. Dauphin)
Aaron Carey	Senior	Remsen, N.Y. (Remsen Central)
Mike Farrell	Senior	Westwood, N.J. (St. Joseph)
Rick Grab	Senior	Hershey, Pa. (Hershey)
Matt Hemmer	Junior	Monroe, N.Y. (Monroe-Woodbury)
Chris Gleason	Senior	Warminster, Pa. (Archbishop Wood)
Gerry Hunt	Senior	Philadelphia, Pa. (Archbishop Ryan)
Chip Noonan	Senior	Clarks Summit, Pa. (Abington Hgts.)
Pete Sarro	Sophomore	Chatham, N.Y. (Chatham)
Matt Stohl	Sophomore	Hellertown, Pa. (Saucon Valley)

Head Coach: Joe Koch (9th Year)

Assistant Coach: Drew Davis

Tri-Captains: Mike Farrell, Matt Hemmer, Chip Noonan

EAST STROUDSBURG UNIVERSITY

1996 Men's Cross Country Results

Team Record: 3-4

Army (H) 20, Cornell 43,
Syracuse 76, ESU no score because
of mixup at finish line
Lafayette Invitational 11th (12)
Princeton 30, Villanova 41,
Lafayette 92, Monmouth 126, Seton
Hall 161, Moravian 189,
Millersville 196, La Salle 232,
Bloomsburg 238, UNC Greensboro 258
ESU 274

Albany 23-32W
Delhi 15-50W
Bloomsburg Invitational 1st (8)
ESU 50, Millersville 68,
Bloomsburg 91, Lock Haven 101,
Kutztown 113, BU Alumnus 141,
Allentown 156, Scranton 192
Slippery Rock Invitational 1st (10)
ESU 50, Albany 65, IUP 94,
Millersville 96, Grove City 106,
Slippery Rock 145, Wheeling Jesuit
155, Glenville State 226, Geneva
252, Mercyhurst 304

Shippensburg 46-17L
Kutztown 18-43W
PSAC Championships 3rd (14)
Edinboro 23, Shippensburg 65,
ESU 97, IUP 139, Millersville 154,
West Chester 160, Slippery Rock
191, Bloomsburg 227, Lock Haven
242, Kutztown 256, Mansfield 290,
Clarion 293, California 314,
Cheyney no score (at Indiana)

NCAA Division II Regionals 6th (33)
Edinboro 62, Shippensburg 70,
Keene State 112, UMass-Lowell 150,
Albany 153, ESU 204, Le Moyne 257,
Slippery Rock 301, IUP 311,
Glenville State 313
(at Slippery Rock)

The Honor Roll

NCAA Division II Regionals (10K, 229)
Matt Hemmer 25th (36:49)
Chip Noonan 37th (37:14)
Mike Farrell 45th (37:25)
Seth Kuchar 47th (37:28)
Aaron Carey 50th (37:35)
Pat Cunningham 105th (39:17)
Kyle Brightbill 110th (39:21)

PSAC Championships (5M, 94)

Matt Hemmer 9th (26:49.28)
(All-Conference)
Seth Kuchar 15th (27:08.40)
(All-Conference)
Kyle Brightbill 18th (27:17.99)
Chip Noonan 22nd (27:27.53)
Mike Farrell 33rd (27:48.34)
Aaron Carey 36th (28:00.62)
Pat Cunningham 38th (28:04.51)

Slippery Rock Invitational (10K, 143)

Matt Hemmer 3rd (34:43.26)
Seth Kuchar 7th (35:07.63)
Kyle Brightbill 9th (35:18.27)
Aaron Carey 14th (35:40.25)
Mike Farrell 17th (35:54.22)

Bloomsburg Invitational (5M, 96)

Matt Hemmer 1st (26:46)
Seth Kuchar 2nd (26:46)
Chip Noonan 14th (27:38)
Pat Cunningham, 17th (27:45)
Aaron Carey 18th (27:50)

Lafayette Invitational (5M, 82)

Matt Stohl 35th (27:40)
Dave Hyatt 50th (28:21)

Varsity Letter-Winners

Name	Class	Hometown (High School)
Kyle Brightbill	Senior	Lebanon, Pa. (Cedar Crest)
Aaron Carey	Junior	Remsen, N.Y. (Remsen Central)
Pat Cunningham	Sophomore	Middletown, N.Y. (Middletown)
Mike Farrell	Junior	Westwood, N.J. (St. Joseph)
Rick Grab	Senior	Hershey, Pa. (Hershey)
Matt Hemmer	Sophomore	Monroe, N.Y. (Monroe-Woodbury)
Seth Kuchar	Graduate	Bethlehem, Pa. (Freedom)
Chip Noonan	Junior	Clarks Summit, Pa. (Abington Hgts.)
Mark Weikert	Senior	Hellertown, Pa. (Saucon Valley)

Head Coach: Joe Koch (8th Year)

Assistant Coaches: Drew Davis, Ray Hoffman

Tri-Captains: Kyle Brightbill, Seth Kuchar, Mark Weikert

EAST STROUDSBURG UNIVERSITY

1995 Men's Cross Country Results

Team Record: 5-2

Cornell (A)	46-17L
w. Army	49-15L
Lafayette Invitational	5th (8)
Princeton 15, Lafayette 66,	
George Washington 98, LaSalle	
114, ESU 136, Monmouth 160,	
Bloomsburg 164, Seton Hall 181	
St. Rose (A)	15-46W
w. Millersville	23-33W
New York Univ.	15-49W
Siena	15-50W
Bloomsburg Invitational	1st (8)
ESU 57, Kutztown 65, Lock	
Haven 67, Husky Alumni 83,	
Mansfield 136, Bloomsburg 149,	
Baptist Bible 168, Lycoming 208	
Paul Short Memorial Run	17th (24)
Iona 48, Penn State 123, St.	
Joseph's 159, LaSalle 170,	
Providence 185, UMass 198,	
Yale 198, Georgetown 214,	
Syracuse 256, Penn 260. ESU	
scored 418.	
Shippensburg (A)	25-30W
Albany Invitational	10th (30)
Williams 38, Yale 41, Rochester	
Tech 79, St. Lawrence 140,	
Ithaca 214, RPI 224, Albany 237,	
UMass-Dartmouth 248, So. Conn.	
292, ESU 301	
PSAC Championships	3rd (13)
Edinboro 51, Shippensburg 72,	
ESU 81, Kutztown 138, IUP 140,	
Millersville 150, Lock Haven	
213, Slippery Rock 217, California	
237, Bloomsburg 245, Mansfield	
284, Clarion 294, West Chester	
294 (at Kutztown)	
NCAA Division II Regionals	3rd (45)
Edinboro 51, Keene State 99,	
ESU 112, Shippensburg 151,	
IUP 223, West Virginia Wesleyan	
254, Millersville 265, Albany	
267, Kutztown 277, So. Conn. 282	
(at Saratoga Springs, N.Y.)	
ECAC Division II Regionals	2nd
(run in conjunction with	
NCAA Regionals)	

The Honor Roll

<u>NCAA Division II Regionals (10K, 212)</u>	
Seth Kuchar	4th (32:08.20)
Brent Watkins	15th (32:52.69)
Dennis Bakey	17th (32:56.34)
Kyle Brightbill	31st (33:30.71)
Pat Cunningham	45th (33:51.08)
Matt Hemmer	56th (34:01.46)
Mike Farrell	90th (34:35.93)

PSAC Championships (5M, 89)

Seth Kuchar	5th (26:24)
(All-Conference)	
Brent Watkins	7th (26:35)
(All-Conference)	
Dennis Bakey	21st (27:22)
Kyle Brightbill	22nd (27:22)
Matt Hemmer	26th (27:30)
Mike Farrell	43rd (28:01)
Pat Cunningham	49th (28:12)

Paul Short Run at Lehigh (10K, 167)

Seth Kuchar	19th (32:21.5)
Kyle Brightbill	86th (33:43.1)
Dennis Bakey	90th (33:48.4)
Mike Farrell	113th (34:27.5)
Pat Cunningham	118th (34:38.3)

Bloomsburg Invitational (8K, 82)

Seth Kuchar	1st (26:18)
Kyle Brightbill	8th (27:13)
Pat Cunningham	15th (27:33)
Dennis Bakey	16th (27:39)
Matt Hemmer	17th (27:42)

St. Rose Duals (5m)

Seth Kuchar	1st (26:14)
Kyle Brightbill	2nd (26:41)
Matt Hemmer	4th (26:50)
Pat Cunningham	7th (27:01)
Mike Farrell	9th (27:13)

Lafayette Invitational (5m, 78)

Kyle Brightbill	12th (26:21)
Matt Hemmer	23rd (27:09)
Pat Cunningham	25th (27:30)

Albany Invitational (5m, 213)

Brent Watkins	22nd (27:58)
Mike Farrell	46th (28:41)
Chip Noonan	66th (28:59)
Erik Bertsch	67th (29:00)

EAST STROUDSBURG UNIVERSITY

1994 Men's Cross Country Results

Team Record: 5-3

Army (A)	50-15L
w. Cornell	47-15L
Syracuse	40-21L
Lafayette Invitational	11th (11)
Princeton 20, LaSalle 68,	
George Washington 118, Lafayette	
136, Bloomsburg 145, Delaware 161,	
Setan Hall 170, Rider 175, Moravian	
222, West Chester 271, ESU 338	
West Chester (H)	16-45W
St. Rose (H)	22-39W
Drew (H)	15-48W
Bloomsburg Invitational	2nd (9)
Bucknell 20, ESU 62	
Kutztown 72, Shippensburg 114	
Bloomsburg 123, Lock Haven 186	
Moravian 198, Mansfield 223	
Paul Short Memorial Run	10th (22)
Penn State 31, Penn 128 James	
Madison 147, UMass 151, Georgetown	
151, Iowa 186, LaSalle 194, St.	
Joseph's 203, Houston 254, ESU	
262	
Shippensburg (H)	21-34W
Delhi (H)	16-46W
PSAC Championships	2nd (13)
Edinboro 25, ESU 106, Kutztown	
125, Millersville 128, Shippensburg	
132, Bloomsburg 142, IUP 147,	
California 196, Lock Haven 227,	
Slippery Rock 265, Mansfield 284,	
West Chester 317, Clarion 349	
(at Edinboro)	
NCAA Division II Regionals	3rd (27)
Edinboro 30, So. Conn. 126, ESU 142,	
Keene State 183, Millersville 201,	
Bloomsburg 214, IUP 222, UMass-	
Lowell 233, Kutztown 252,	
Shippensburg 255	
(at Kutztown)	
ECAC Division II Regionals	2nd
(run in conjunction with	
NCAA Regionals)	

The Honor Roll

<u>NCAA Division II Regionals (10K)</u>	
Brent Watkins	7th (31:48.5 181)
Seth Kuchar	10th (32:04.4)
Dennis Bakey	40th (33:13.5)
Dennis Stacknick	41st (33:16.7)
Brian Conley	44th (33:19.2)

PSAC Championships (5M)

Brent Watkins	4th (25:51, 85)
(All-Conference)	
Seth Kuchar	7th (26:10)
(All-Conference)	
Brian Conley	30th (27:03)
Dennis Stacknick	32nd (27:04)
Dennis Bakey	33rd (27:05)
Kyle Brightbill	41st (27:23)

Paul Short Run at Lehigh (10K)

Seth Kuchar	26th (32:24.2 145)
Brett Watkins	41st (32:47.4)
Kyle Brightbill	61st (33:19.7)
Joe Grejdus	65th (33:28.5)
Dennis Bakey	69th (33:31.8)

Bloomsburg Invitational (8K)

Seth Kuchar	4th (26:52, 91)
Brent Watkins	5th (27:08)
Joe Grejdus	17th (27:40)
Kyle Brightbill	18th (27:43)
Dennis Bakey	21st (28:01)
Dennis Stacknick	24th (28:10)

Lafayette Invitational (5m)

Brent Watkins	65th (29:04, 104)
Dave Baum	83rd (30:04)
Chip Noonan	87th (30:21)
Ryan Ofcharsky	92nd (30:59)
Mark Weikert	94th (31:06)

Varsity Letter-Winners

Name	Class	Hometown (High School)
Dennis Bakey	Junior	Prospect Park, Pa. (Interboro)
Kyle Brightbill	Sophomore	Lebanon, Pa. (Cedar Crest)
Brian Conley	Sophomore	Newark, De. (Newark)
Bob Farr	Sophomore	Orwigsburg, Pa. (Blue Mountain)
Seth Kuchar	Sophomore	Bethlehem, Pa. (Freedom)
Dennis Stacknick	Senior	Tunkhannock, Pa. (Tunkhannock)
Brent Watkins	Junior	Parkesburg, Pa. (Octorara)

Head Coach: Joe Koch (6th Year)

Assistant Coaches: Drew Davis, Michele Curcio

Tri-Captains: Brian Conley, Dennis Stacknick, Brent Watkins

EAST STROUDSBURG UNIVERSITY

1993 Men's Cross Country Results

Team Record: 1-4

Cornell (A)	50-15L
W. Army	50-15L
Syracuse	36-23L
Lafayette Invitational	9th (10)
Princeton 32, LaSalle 54,	
Bloomsburg 92, Lafayette 98,	
Rider 123, Seton Hall 158,	
Drexel 191, West Chester 222,	
ESU 262. Monmouth 279	
West Chester (A)	21-37W
Bloomsburg Invitational	5th (9)
Bloomsburg 36, Shippensburg 58,	
Lock Haven 89, Kutztown 113,	
ESU 117, Millersville 139,	
Mansfield 260, Clarion inc.	
Paul Short Memorial Run	31st (31)
Villanova 84, Georgetown 86,	
Wake Forest 137, Penn State 157,	
West Virginia 180, South Florida	
184, Iona 216, Providence 228,	
Virginia Tech 238, Penn 312.	
ESU scored 868.	
Shippensburg (A)	29-27L
PSAC Championships	5th (13)
Edinboro 44, Shippensburg 66,	
Bloomsburg 88, IUP 97, ESU 142,	
Slippery Rock 145, Kutztown 180,	
Lock Haven 199, West Chester 215,	
Millersville 226, California 324,	
Mansfield 347, Clarion 377	
(at Bloomsburg)	
NCAA Division II Regionals	6th (26)
Edinboro 52, IUP 114, Bloomsburg	
115, Shippensburg 117, Keene State	
119, ESU 224, Kutztown 264,	
UMass-Lowell 281, Lock Haven 283,	
Southern Conn. 290	
(at Springfield)	
ECAC Division II Regionals	4th (23)
(run in conjunction with	
NCAA Regionals)	

The Honor Roll

<u>NCAA Division II Regionals (10K)</u>	
Seth Kuchar	19th (33:05, 187)
Kyle Brightbill	42nd (33:56)
Ben Jezovnik	45th (33:58)
Brian Conley	60th (34:19)
Joe Grejdus	64th (34:24)
Dennis Bakey	66th (34:27)

PSAC Championships (8K)

Seth Kuchar	10th (26:47, 89)
George Smawley	18th (27:16)
Ben Jezovnik	31st (27:38)
Kyle Brightbill	40th (28:03)
Joe Grejdus	43rd (28:03)
Brian Conley	47th (28:15)
Vinnie DiSciullo	52nd (28:32)

Paul Short Run at Lehigh (10K)

Seth Kuchar	113th (33:13, 210)
Brian Conley	181st (34:49)
Vinnie DiSciullo	184th (34:57)
Joe Grejdus	199th (35:49)
George Smawley	200th (37:38)
Kyle Brightbill	205th (36:13)

Bloomsburg Invitational (5.2m)

George Smawley	12th (27:21, 52)
Seth Kuchar	13th (27:21)
Kyle Brightbill	23rd (27:57)
Brian Conley	32nd (28:16)
Steve New	37th (28:34)
Vinnie DiSciullo	44th (28:55)

Lafayette Invitational (5m)

Kyle Brightbill	37th (28:07, 98)
Steve Farrell	47th (28:42)
Vinnie DiSciullo	51st (29:10)
Mark Weikert	61st (30:30)
Devon Reed	66th (33:12)

Varsity Letter-Winners

Name	Class	Hometown (High School)
Dennis Bakey	Sophomore	Prospect Park, Pa. (Interboro)
Kyle Brightbill	Freshman	Lebanon, Pa. (Cedar Crest)
John Cahill	Senior	Morristown, N.J. (Morristown)
Brian Conley	Sophomore	Newark, De. (Newark)
Vinnie DiSciullo	Senior	Wilmington, De. (Thomas McKean)
Joe Grejdus	Freshman	Phoenixville, Pa. (Phoenixville)
Ben Jezovnik	Senior	Medford, N.J. (Shawnee)
Seth Kuchar	Freshman	Bethlehem, Pa. (Freedom)
Devon Reed	Senior	E. Stroudsburg, Pa. (M.L. King)
George Smawley	Senior	Bay Shore, N.Y. (Bay Shore)

Head Coach: Joe Koch (5th Year)

Assistant Coaches: Drew Davis, Joe Samaritano, Greg Tymon

Tri-Captains: Ben Jezovnik, Devon Reed, George Smawley

EAST STROUDSBURG UNIVERSITY

1992 Men's Cross Country Results

Team Record: 1-4

Syracuse (A)	46-15L
W. Army	50-15L
Cornell	50-15L
Lafayette Invitational	3rd (4)
LaSalle 33, Lafayette 36,	
ESU 79, Drexel 98	
West Chester (H)	22-35W
Bloomsburg Invitational	2nd (10)
Bloomsburg 30, ESU 69,	
Lock Haven 103, Shippensburg 115,	
Millersville 126, Kutztown 140,	
Ursinus 168, Mansfield 193,	
Susquehanna 263, Baptist Bible	
Inc.	
Paul Short Memorial Run	19th (36)
Providence 41, Villanova 47,	
Georgetown 92, Penn State 107,	
Penn 170, Virginia Tech 256,	
St. Joseph's 264, Boston College	
274, Lehigh 276, Canisius 348.	
ESU scored 541.	
Shippensburg (H)	33-22L
PSAC Championships	6th (14)
Edinboro 35, Slippery Rock 97,	
Bloomsburg 104, IUP 116,	
Shippensburg 126, ESU 157,	
Lock Haven 192, Millersville	
194, West Chester 207, Kutztown	
208, California 263, Mansfield	
354, Clarion 370, Cheyney 449.	
(at California)	
NCAA Division II Regionals	9th (27)
Edinboro 47, UMass-Lowell 118,	
Keene State 148, Shippensburg	
165, Bloomsburg 180, Slippery	
Rock 196, Southern Conn. 205,	
IUP 249, ESU 268, C.W. Post 295.	
(at Slippery Rock)	
ECAC Division II Regionals	6th (18)
(run in conjunction with NCAA Regionals)	

The Honor RollNCAA Division II Regionals

Ray Hoffman	24th (34:53, 183)
Damon Godfrey	51st (35:47)
Dan Keefer	52nd (35:50)
Chris Heinz	56th (35:56)
Rob Emerick	85th (36:36)
Tom Bartie	116th (37:29)
George Smawley	132nd (38:17)

PSAC Championships

Tom Bartie	18th (28:09, 95)
Damon Godfrey	25th (28:23.5)
Dan Keefer	30th (28:37)
Chris Heinz	34th (28:45)
Ray Hoffman	50th (29:32)
George Smawley	52nd (29:36)
Ben Jezonik	78th (30:58)

Paul Short Memorial Run at Lehigh

Brent Watkins	85th (33:05, 237)
Ray Hoffman	92nd (33:14)
Tom Bartie	102nd (33:31)
George Smawley	127th (34:03)
Dan Keefer	135th (34:12)

Bloomsburg Invitational

Brent Watkins	4th (27:18, 80)
Dan Keefer	12th (27:46)
Tom Bartie	14th (27:53)
George Smawley	18th (28:05)
Ben Jezonik	25th (28:27)

Lafayette Invitational

Rob Emerick	11th (27:23)
Ben Jezonik	13th (27:41)
Dennis Bakey	19th (28:31)

Varsity Letter-Winners

Name	Class	Hometown (High School)
Dennis Bakey	Freshman	Prospect Park, Pa. (Interboro)
Tom Bartie	Senior	Newtown, Pa. (Council Rock)
Brian Conley	Sophomore	Newark, De. (Newark)
Rob Emerick	Sophomore	Carlisle, Pa. (Carlisle)
Damon Godfrey	Freshman	Edison, N.J. (J.P. Stevens)
Chris Heinz	Senior	Yardley, Pa. (Pennsbury)
Ray Hoffman	Senior	Edison, N.J. (Edison)
Ben Jezonik	Junior	Medford, N.J. (Shawnee)
Dan Keefer	Senior	Newark, De. (St. Mark's)
George Smawley	Junior	Bay Shore, N.Y. (Bay Shore)
Brent Watkins	Sophomore	Parkesburg, Pa. (Octorara)

Head Coach: Joe Koch (4th Year)

Assistant Coaches: Drew Davis, Laura Mason, Joe Samaritano

EAST STROUDSBURG UNIVERSITY

1991 Men's Cross Country Results

Team Record: 7-4

Army (A)	47-16L
w. Cornell	49-15L
Syracuse	44-16L
Lafayette Inv.	2nd (3)
Lafayette 20, ESU 35,	
Drexel 73	
West Chester (A)	18-42W
w. Kutztown	19-44W
Millersville	19-44W
Bloomsburg (A)	20-37W
w. Mansfield	18-45W
Lock Haven	15-50W
Paul Short Memorial Run	
at Lehigh	17th (31)
Villanova 44, Penn State 50,	
Brown 110, Penn 190, Georgia	
204, LaSalle 214, Shippensburg	
224, Rider 226, Syracuse 233,	
Lehigh 252. ESU scored 434	
Shippensburg (A)	30-27L
w. Millersville	20-43W
PSAC Championships	4th (14)
Slippery Rock 28, Shippensburg	
54, Edinboro 71, ESU 95, IUP	
132, Bloomsburg 183, West	
Chester 208, Kutztown 232,	
Lock Haven 262, Millersville	
278, Mansfield 325, Califor-	
nia 337, Clarion 347, Cheyney	
Inc. (at Bloomsburg)	
NCAA Div. II Regionals	6th (31)
Lowell 31, Edinboro 88,	
Slippery Rock 101, Shippens-	
burg 108, Keene State 123,	
ESU 151, IUP 213, Kutztown	
283, Springfield 295,	
Bloomsburg 315 (at Springfield)	

The Honor RollNCAA Div. II Regionals

Roger Cohen	18th (32:34, 10K, 180 finishers)
Wade Sweeney	28th (33:00)
Tom Bartie	35th (33:10)
Ray Hoffman	39th (33:15)
Chris Heinz	41st (33:24)
Bill Woodring	48th (33:36)
Mario Traca	79th (34:39)

PSAC Championships

Roger Cohen	5th (26:14, 8K, 00) All-Conference
Bill Woodring	11th (26:31) All-Conference
Tom Bartie	16th (26:54)
Wade Sweeney	28th (27:27)
Chris Heinz	35th (27:46)
Mario Traca	38th (27:53)
Ray Hoffman	51st (28:33)

Paul Short Memorial Run at Lehigh

Bill Woodring	33rd (32:23.37, 10K, 201)
Roger Cohen	82nd (33:17.57)
Wade Sweeney	88th (33:24.24)
Tom Bartie	114th (34:01.42)
Ray Hoffman	117th (34:08.12)

Head Coach: Joe Koch (3rd Year)

Assistants: Drew Davis, Laura Mason,
Joe SamaritanoVarsity Letter-Winners

Name	Class	Hometown (High School)
Gayland Aston	Senior	Wilkes-Barre, Pa. (E.L. Meyers)
Tom Bartie	Junior	Newtown, Pa. (Council Rock)
Kelly Betz	Senior	New Cumberland, Pa. (Cedar Cliff)
Roger Cohen	Senior	Wilmington, De. (John Dickinson)
Chris Heinz	Junior	Yardley, Pa. (Pennsbury)
Ray Hoffman	Junior	Edison, N.J. (Edison)
George Smawley	Sophomore	Bay Shore, N.Y. (Bay Shore)
Wade Sweeney	Sophomore	Cresco, Pa. (Pocono Mountain)
Mario Traca	Junior	Murtosa, Portugal (Liberty, Pa.)
Brent Watkins	Freshman	Parkesburg, Pa. (Octorara)
Bill Woodring	Junior	Bethlehem, Pa. (Liberty)
Captains: Roger Cohen, Bill Woodring		

EAST STROUDSBURG UNIVERSITY 1990 Men's Cross Country Results

Team Record: 4-6

Lafayette Inv. 4th (5)
Bucknell 40, LaSalle 42,
Lafayette 76, ESU 106,
Drexel 110

Cornell (A) 50-15L
w. Syracuse 45-15L
Army 46-17L
Canisius 47-16L
Lehigh 40-19L

Bloomsburg (H) 25-30W
w. Lock Haven 25-32W
Millersville (H) 27-30W
w. West Chester 27-32W

Paul Short Memorial Run
at Lehigh 21st (30)
Kansas 74, Penn State 77,
Shippensburg 142, Cornell
144, Haverford 202, Queens
212, Kent 243, West Virginia
243, Lehigh 301, Maryland
315. ESU scored 535.

Shippensburg (H) 44-19L

Pa. Conf. Championships 6th (14)

Edinboro 27, Shippensburg
67, IUP 90, Slippery Rock (H)
106, Kutztown 121, ESU 161,
Millersville 169, Lock
Haven 243, West Chester 254,
Bloomsburg 285, Mansfield
323, Clarion 325, California
353, Cheyney 434

NCAA Div. II Regionals 9th (27)

Edinboro 26, Shippensburg
74, Slippery Rock 133, IUP
161, Lowell 164, Kutztown
188, So. Conn. 200, Spring-
field 227, ESU 249, Buffalo
258 (at Kutztown)

The Honor Roll

NCAA Div. II Championships

Martin Brans 52nd (31:20, 10K, 132)

NCAA Div. II Regionals

Martin Brans 13th (31:54, 10K, 181)

Ed Hayes 45th (33:31)

Wade Sweeney 56th (33:49)

Russ Reich 62nd (34:03)

Tom Bartie 79th (34:31)

Pa. Conf. Championships

Martin Brans 13th (27:56, 5M, 95,
All-Conference)

Wade Sweeney 23rd (28:37)

Russ Reich 30th (29:10)

George Fair 47th (29:43)

Ed Hayes 48th (29:47)

Paul Short Memorial Run

Martin Brans 58th (34:07.6, 10K, 202)

Lafayette Invitational

Martin Brans 6th (26:33, 5M, 58)

Head Coach: Joe Koch (2nd Year)

Asst. Coaches: Drew Davis, Laura Mason,
Perry Hartmann

Varsity Letter-Winners

Name	Class
Tom Bartie	Sophomore
Kelly Betz	Junior
Martin Brans	Senior
George Fair	Senior
Ed Hayes	Sophomore
Russ Reich	Freshman
George Shawley	Freshman
Wade Sweeney	Freshman

Hometown (High School)
Newtown, Pa. (Council Rock)
New Cumberland, Pa. (Cedar Cliff)
Hockessin, De. (St. Mark's)
West Chester, Pa. (Bishop Shanahan)
Centereach, N.Y. (Newfield)
Bensalem, Pa. (Bensalem)
Bay Shore, N.Y. (Bay Shore)
Cresco, Pa. (Pocono Mountain)

Co-Captains: Martin Brans, George Fair

Student Trainers: Nicholas Cordova, Mark Harberle

Captains: Wendy Newcomb, Ross Palmer, Carol Ralston

EAST STROUDSBURG UNIVERSITY 1989 Men's Cross Country Results

Team Record: 8-0, 1st undef. rec.

Lafayette Inv. 2nd (6)

Bucknell 38, ESU 48,
LaSalle 57, Drexel 109,
Lafayette 123, West Chester
172

Army (A) 26-29W

w. Cornell 27-29W

Syracuse 25-33W

Lock Haven (A) 19-40W

w. Bloomsburg 16-47W

Millersville (A) 19-39W

w. West Chester 17-46W

Paul Short Memorial 5th (25)

Yale 64, Penn State 121,

Kent State 150, Cornell 157,

ESU 171, Queens 177, Shipp-

ensburg 210, Keene State 263,

Lowell 286, Lehigh 294

Shippensburg (A) 22-35W

Pa. Conf. Championship 3rd (13)

Edinboro 35, Shippensburg

70, ESU 72, IUP 94, Slippery

Rock 121, Kutztown 161,

Millersville 214, Clarion

221, Bloomsburg 282, Mans-

field 293, Lock Haven 298,

West Chester 327, Califor-

nia 344 (at Kutztown)

NCAA Div. II Reg. 3rd (26)

Edinboro 41, Shippensburg

80, ESU 93, IUP 112, Lowell

120, Keene State 146,

Southern Conn. 240, Slippery

Rock 262, Millersville and

Clarion 290, Buffalo 334

ECAC Div. II Champ. 1st (18)

ESU 53, IUP 67, Lowell

71, Keene State 91,

Southern Conn. 159

Head Coach: Joe Koch (1st Year)

Asst. Coaches: Rod Denzine,

Laura Mason, Rich Field

Varsity Letter-Winners

Name

Class

Martin Brans

Junior

Keith Crispin

Senior

Bill Farquhar

Senior

Ed Hayes

Freshman

Frank Pucher

Sophomore

Steve Sousa

Senior

Mario Traca

Freshman

Bob Tremblay

Senior

Captains: Keith Crispin, Bill Farquhar, Steve Sousa, Bob Tremblay

NCAA Div. II Championship 13th (17)

So. Dakota St. 97, Edinboro 102,

Cal Poly SLO 114, UC Riverside

139, Cal-Northridge 164,

Humboldt 192, Shippensburg

198, Cal State LA 203, IUP

228, No. Dakota State 242

ESU scored 300 (at ESU)

The Honor Roll

NCAA Div. II Championships

Bill Farquhar 51st (33:36.3, 10K, 130)

Martin Brans 67th (33:57.3)

Keith Crispin 76th (34:08.4)

Ed Hayes 77th (34:09.3)

Steve Sousa 87th (34:27.2)

NCAA Div. II Regionals

Bill Farquhar 6th (32:30.3, 10K, 176)

Martin Brans 13th (33:07.8)

Steve Sousa 22nd (33:31.4)

Keith Crispin 26th (33:46.2)

Ed Hayes 30th (33:50.8)

ECAC Div. II Championships

Bill Farquhar 3rd (32:30.3, 10K, 114)

Martin Brans 8th (33:07.8)

Pa. Conference Championships

Bill Farquhar 3rd (25:45, 5m, 88,

All-Pa. Conf.)

Martin Brans 13th (26:36, All-PC)

Bob Tremblay 16th (26:41)

Keith Crispin 18th (26:48)

Steve Sousa 22nd (27:02)

Paul Short Memorial Run

Martin Brans 9th (32:11, 10K, 168)

Bill Farquhar 10th (32:11)

Lafayette Invitational

Bill Farquhar 1st (26:04, 5m, 69)

Martin Brans 5th (26:29)

EAST STROUDSBURG UNIVERSITY 1988 Men's Cross Country Results

Team Record: 1-7

Kutztown Inv.	T2nd (3)
Kutztown 24, ESU and	
Syracuse (A)	44-18L
w. Army	48-15L
Cornell	46-17L
Bloomsburg (A)	28-27L
w. Lock Haven	17-46W
West Chester (A)	32-27L
w. Millersville	32-26L
Paul Short Memorial	20th (24)
West Virginia 85, Army 113,	
Cornell 146, Shippensburg	
161, Keene State 180, Penn	
211, Air Force 227, Lowell	
267, Queens, Canada 271,	
Cortland 274. ESU 509.	
Shippensburg (H)	47-16L
Pa. Conf. Champ.	6th (14)
Edinboro 17, Shippensburg	
68, Indiana 82, Slippery	
Rock and West Chester 132,	
ESU 170, Kutztown 173,	
Millersville 183, Blooms-	
burg 257, Clarion 275,	
California 337, Lock Haven	
351, Mansfield 358, Cheyney	
434	
NCAA Div. II Reg.	11th (31)
Edinboro 43, Keene State	
88, Lowell 95, Indiana 103,	
Kutztown 120, Shippensburg	
132, So. Conn. 170, Slippery	
Rock 274, Millersville 286,	
West Chester 342. ESU	
scored 350. (at Indiana)	

ECAC Div. II Championship 6th (23)

Keene State 47, Lowell 56,
Indiana 62, So. Conn. 99,
Millersville 173, ESU 223,
C.W. Post 242, Bentley 255,
Springfield 260, Phila.
Textile 296 (at Indiana)

The Honor RollNCAA Div. II Regionals

Steve Sousa 35th (34:16, 10K, 211)
Martin Brans 41st (34:25)
Bill Woodring 64th (35:03)
Dennis Engles 86th (35:56)
Steve Raguckas 127th (37:08)

ECAC Div. II Championships

Steve Sousa 20th (34:16, 10K, 143)
Martin Brans 23rd (34:25)
Bill Woodring 37th (35:03)
Dennis Engles 57th (35:56)
Steve Raguckas 86th (37:08)

Pa. Conf. Championships

Martin Brans 13th (27:21.2, 5.1M, 91,
All-Conference)
Steve Sousa 23rd (27:58.1)
Bill Woodring 34th (28:24.2)
Dennis Engles 48th (29:15.9)
Steve Raguckas 52nd (29:20.4)

Paul Short Memorial Run at Lehigh

Martin Brans 43rd (32:44.33, 10K, 162)
Steve Sousa 77th (33:25.61)

Kutztown Invitational

Steve Sousa 2nd (26:59, 5M, 34)
Martin Brans 5th (27:40)

Varsity Letter-Winners

Name	Class	Hometown (High School)
Martin Brans	Sophomore	Hockessin, De. (St. Mark's)
Dennis Engles	Freshman	Moscow, Pa. (North Pocono)
John Kalinay	Senior	Dillsburg, Pa. (Northern)
Steve Raguckas	Freshman	Gouldsboro, Pa. (North Pocono)
Steve Sousa	Junior	Allentown, Pa. (William Allen)
Bill Woodring	Freshman	Bethlehem, Pa. (Liberty)

Head Coach: Dr. Dick DeSchraver (20th Year)

Assistant Coach: Rod Denzine Captain: Steve Sousa

EAST STROUDSBURG UNIVERSITY
1987 Men's Cross Country Results

Team Record: #7-1

Lafayette Inv. 2nd (9)

Bucknell 37, ESU 51,
 LaSalle 58, Drexel 159,
 Kutztown 173, Millersville
 202, West Chester 269,
 Bloomsburg 277, Lafayette
 305

Armstrong (A) 35-18L

w. Syracuse 24-31W

Cornell 27-28W

Bloomsburg (H) 19-42W

w. Lock Haven 21-39W

Millersville (H) 18-45W

w. West Chester 16-47W

Paul Short Memorial 19th (29)

Brown 54, Georgetown 76,

Providence 119, Houston

146, Navy 193, Yale 208,

Army 209, Keene State 219,

Penn State 230, So. Conn.

319. ESU scored 434

Shippensburg (A) 26-30W

Pa. Conf. Champion. 4th (11)

Edinboro 21, Indiana 77,

Shippensburg 101, ESU (H)

115, Kutztown 144, Slippery

Rock 150, Millersville 202,

Lock Haven 212, Clarion

213, California 229, West

Chester 254

NCAA Div. II Reg. 4th (29)

Edinboro 48, Keene State 65,

So. Conn. 108, ESU 143,

Lowell 159, IUP 173, Shipp-

ensburg 177, Mount St.

Mary's 202, Kutztown 269,

C.W. Post 278 (at Bryant)

ECAC Div. II Championship 3rd

Keene State 50, So. Conn. 86,

ESU 113, Lowell 129, IUP 139

NCAA Div. II Championships 16th (17)

Edinboro 95, Mankato 113,

So. Dakota State 116, SE

Missouri 149, Keene State 156,

Cal-LA 159, Cal Poly SLO 212,

Cal-Northridge 228, So. Conn.

242, No. Dakota St. 246.

ESU 349. (at Southern Indiana)

NCAA Div. II Nationals

Jack Cuvo 47th (32:09, 10K, 129)

Jim Lauck 69th (32:36)

NCAA Div. II Regionals

Jim Lauck 18th (32:17, 10K, 200)

Jack Cuvo 23rd (32:37)

Bill Wallace 29th (32:49)

Bill Farquhar 37th (33:08)

Martin Brans 40th (33:35)

Pa. Conf. Championships

Jim Lauck 10th (26:42.2, 5m, 79)

Bill Wallace 14th (26:58.2)

Bill Farquhar 23rd (27:18.4)

Keith Crispin 30th (27:44.6)

Martin Brans 39th (28:06.8)

Paul Short Memorial Run

Jim Lauck 52nd (32:20.71, 10K, 197)

Bill Wallace 62nd (32:35.67)

Lafayette Invitational

Jim Lauck 5th (26:24)

Jack Cuvo 6th (26:36)

Bill Wallace 7th (26:40)

Varsity Letter-Winners

Name	Class	Hometown (High School)
Martin Brans	Freshman	Hockessin, De. (St. Mark's)
Keith Crispin	Junior	New Castle, De. (William Penn)
Jack Cuvo	Junior	Easton, Pa. (Easton)
Bill Farquhar	Junior	Little Ferry, N.J. (Ridgefield Park)
Jim Lauck	Senior	Pittstown, N.J. (Delaware Valley)
Steve Sousa	Junior	Allentown, Pa. (William Allen)
Bob Tremblay	Junior	Whitehall, Pa. (Whitehall)
Bill Wallace	Senior	Lake Hiawatha, N.J. (Parsippany)
Eric Wolfe	Senior	Allentown, Pa. (Salisbury)

Head Coach: Dr. Dick DeSchraver (19th Year)

Assistant Coach: Reed Kagan Captain: Jim Lauck, Bill Wallace

#best record in school's history

EAST STROUDSBURG UNIVERSITY 1986 Men's Cross Country Results

Team Record: 8-3

LaSalle (A)	26-29W
w. Kutztown	15-50W
Cornell (A)	50-15L
w. Army	50-15L
Syracuse	45-15L
Lock Haven (A)	15-50W
w. Bloomsburg	15-48W
Millersville (A)	21-40W
w. West Chester	15-50W
Delaware	27-32W

Paul Short at Lehigh 14th(23)

Army 68, Keene State 126,
Navy 133, West Virginia
140, Houston 151, Villa-
nova 165, George Mason
184, Cornell 218, Pitt
242, St. Joseph's 253.
ESU 334.

Shippensburg (H) 27-28W
Pa. Conf. Meet 3rd (14)

Edinboro 25, IUP 68,
ESU 76, California 151,
Millersville 156, Shipp-
ensburg 182, Slippery
Rock 188, Kutztown 190,
West Chester 221, Clarion
224, Bloomsburg 283, Lock
Haven 328, Mansfield 343,
Cheyney 441. (at Edinboro)

NCAA Div. II Reg. No Team
Scoring

Race declared no contest

NCAA Div. II Nat. 1 Entry
at California-Riverside

NCAA Div. II Nationals

Jack Cuvo 15th (31:55, 10K, 127
Finishers,
All-America)

Pa. Conf. Championships

Jack Cuvo 3rd (25:33.0 5K, 94)
Mark Gerber 13th (26:08.1)
Rusty Whitham 17th (26:28.4)
Bill Wallace 18th (26:30.5)
Jim Lauck 25th (26:55.5)
Bill Farquhar 26th (26:57.6)
Keith Crispin 29th (27:01.5)

Paul Short Memorial Run at Lehigh

Jack Cuvo 26th (31:39.92, 10K, 157)
Keith Crispin 63rd (32:38.53)
Mark Gerber 77th (33:03.02)
Bill Wallace 78th (33:03.72)
Rusty Whitham 90th (33:15.17)
Bob Tremblay 95th (33:17.12)

Head Coach: Dr. Dick DeSchraver
(18th Year)

Assistant: Reed Kagan

Graduate Asst.: Jeff Appel

Captain: Mark Gerber

Varsity Letter-Winners

Name	Class	Hometown (High School)
Keith Crispin	Sophomore	New Castle, De. (William Penn)
Jack Cuvo	Sophomore	Easton, Pa. (Easton)
Bill Farquhar	Sophomore	Little Ferry, N.J. (Ridgefield Park)
Mark Gerber	Senior	Allentown, Pa. (Dieruff)
Jim Lauck	Junior	Pittstown, N.J. (Delaware Valley)
Bob Tremblay	Sophomore	Whitehall, Pa. (Whitehall)
Bill Wallace	Junior	Lake Hiawatha, N.J. (Parsippany)
Rusty Whitham	Junior	Middletown, N.Y. (Minisink Valley)

EAST STROUDSBURG UNIVERSITY
1985 Men's Cross Country Results

Team Record: 7-4

Kutztown (H)	18-45W
LaSalle (H)	30-25L
Army (A)	42-17L
Syracuse (at Army)	35-23L
Bloomsburg (A)	18-45W
Lock Haven (at Bl.)	17-50W
West Chester (A)	22-34W
Delaware (at WC)	18-40W
Millersville (at WC)	36-21L
Paul Short Run	13th (24)

W. Va. 67, Navy 81,
 Penn State 110, Villanova
 172, So. Conn. 175,
 Keene State 203, Army
 212, Georgetown 220,
 Cornell 226, Millersville
 270. ESU 311.

Shippensburg (A)	22-34W
Pitt-Johns. (at Sh.)	17-44W
Pa. Conf. Meet	2nd (13)

Edinboro 45, ESU 53,
 Millersville 76,
 Slippery Rock 104, IUP
 107, Shippensburg 161,
 West Chester 228, Cali-
 fornia 264, Kutztown
 265, Clarion 288, Mans-
 field 308, Lock Haven
 and Bloomsburg 310

NCAA Div. II Reg.	4th (30)
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Edinboro 60, So. Conn.
 88, Keene State 89, ESU
 130, Lowell 144, Millers-
 ville 147, IUP 206,
 Shippensburg 248, Slippery
 Rock 252, C.W. Post 279.

ECAC Div. II	2nd (17)
(run in conjunction with NCAA)	

NCAA Div. II Nationals	10th (17)
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So. Dakota St. 60, Edinboro
 108, Keene State 134, So.
 Conn. 136, Cal Poly Pomona
 154, Lowell 201, Cal Poly
 SLO 214, Mankato 218, SE
 Missouri 224, ESU 236.

NCAA Div. II Nationals at ESU

Jack Cuvo	16th (32:34.0, 10K, 131, All-America)
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Rusty Whitham	38th (33:25.2)
Bill Wallace	48th (33:37.3)
Mark Gerber	88th (34:25.9)
Jeff Appel	91st (34:31.6)
Steve Sousa	111th (35:16.6)
Bill Farquhar	116th (35:30.5)

NCAA Div. II Regionals at ESU

Jack Cuvo	9th (32:31.7, 10K, 216)
Rusty Whitham	11th (32:52.0)
Bill Wallace	32nd (33:48.3)
Mark Gerber	33rd (33:49.6)
Jeff Appel	45th (34:01.6)
Bill Farquhar	73rd (34:48.0)
Steve Sousa	75th (34:49.9)

ECAC Div. II Championships

Jack Cuvo	5th (32:31.7, 10K, 117)
Rusty Whitham	6th (32:52.0)
Bill Wallace	18th (33:48.3)
Mark Gerber	19th (33:49.6)
Jeff Appel	26th (34:01.6)
Bill Farquhar	43rd (34:48.0)
Steve Sousa	44th (34:49.9)

Pa. Conf. Championships at Millersville

Jack Cuvo	2nd (24:54, 5M, 91)
Bill Wallace	6th (25:25)
Rusty Whitham	10th (25:30)
Mark Gerber	13th (25:37)
Jeff Appel	22nd (25:50)
Steve Sousa	37th (26:36)
Bill Farquhar	46th (26:57)

Paul Short Memorial Run at Lehigh

Jack Cuvo	31st (31:41.8, 10K, 159)
Rusty Whitham	61st (32:24.0)
Jeff Appel	65th (32:31.6)
Bill Wallace	72nd (32:36.4)
Mark Gerber	87th (32:59.2)

Head Coach: Dr. Dick DeSchraver
 (17th Year)

Asst.: Joe Koch Captain: Jeff Appel

Varsity Letter-Winners

Name	Class	Hometown (High School)
Jeff Appel	Senior	Painted Post, N.Y. (C-PP West)
Jack Cuvo	Freshman	Easton, Pa. (Easton)
Bill Farquhar	Freshman	Little Ferry, N.J. (Ridgefield Park)
Mark Gerber	Junior	Allentown, Pa. (Dieruff)
Steve Sousa	Freshman	Allentown, Pa. (William Allen)
Bill Wallace	Sophomore	Lake Hiawatha, N.J. (Parsippany)
Rusty Whitham	Sophomore	Middletown, N.Y. (Minisink Valley)

EAST STROUDSBURG UNIVERSITY

1984 Men's Cross Country Results

Team Record: 6-4

Kutztown(A)	19-40W
LaSalle(at Kutztown)	26-29W
Syracuse(A)	28-27L
Albany(at Syracuse)	26-29W
Army(at Syracuse)	40-20L
Millersville(H)	47-15L
West Chester(H)	22-33W
Delaware(H)	32-25L
Paul Short Memorial Run	14th(21)

Navy 66, St. Joseph's 81,
Maryland 104, Millersville 170,
Shippensburg 174, Villanova
182, Cornell 185, Syracuse
223, Southern Conn. 228,
Lehigh 248. ESU scored 347.
(at Lehigh)

Shippensburg(H)	25-30W
Bloomsburg(H)	16-45W

Pa. Conf. Championships 3rd(14)

Edinboro 39, IUP 82, ESU
120, Millersville 142,
Shippensburg 149, California
179, Clarion 182, West
Chester 185, Slippery Rock 194,
Mansfield 225, Lock Haven 287,
Kutztown 344, Bloomsburg 382,
Cheyney 390. (at Slippery Rock)

NCAA Div. II Regionals 8th(32)

Millersville 77, Edinboro 78,
Keene State 79, Lowell 125,
Indiana 127, Shippensburg 141,
Southern Conn. 146, ESU 247,
West Chester 257, Pitt-
Johnstown 282. (at IUP)

NCAA Division II Regionals at IUP

Steve Montick	23rd(32:43.1, 10K, 224 finishers)
Mark Gerber	40th(33:13.7)
Drew Davis	53rd(33:34.9)
Jeff Appel	66th(33:58.0)
Bill Wallace	68th(33:59.1)
Rusty Whitham	107th(35:02.0)
Matt Noll	110th(35:09.7)

Pa. Conference Meet at Slippery Rock

Mark Gerber	4th(26:47, 5 Miles, 94 finishers)
Jeff Appel	17th(27:26)
Steve Montick	18th(27:27)
Bill Wallace	38th(28:09)
Drew Davis	43rd(28:16)
Rusty Whitham	44th(29:19)
Matt Noll	72nd(29:55)

Paul Short Memorial Run at Lehigh

Mark Gerber	38th(32:03.1, 10K)
Drew Davis	71st(32:51.8)
Jeff Appel	74th(33:00.5)
Steve Montick	89th(33:24.2)
Bill Wallace	95th(33:30.6)
Rusty Whitham	115th(34:07.6)

Varsity Letter-Winners

Name	Class	Hometown(High School)
Jeff Appel	Junior	Painted Post, N.Y. (Corning Painted Post West)
Drew Davis	Senior	Plymouth, Pa. (Wyoming Valley West)
Mark Gerber	Sophomore	Allentown, Pa. (Dieruff)
Steve Montick	Senior	Oyster Bay, N.Y. (Oyster Bay)
Matt Noll	Senior	Slatington, Pa. (Slatington)
Bill Wallace	Freshman	Hiawatha, N.J. (Parsippany)
Rusty Whitham	Freshman	Middletown, N.Y. (Minisink Valley)

Head Coach: Dr. Richard DeSchraver (16th Year)

Co-Captains: Drew Davis, Steve Montick

Assistant Coach: Pete Heesen

Graduate Assistant: Joe Koch